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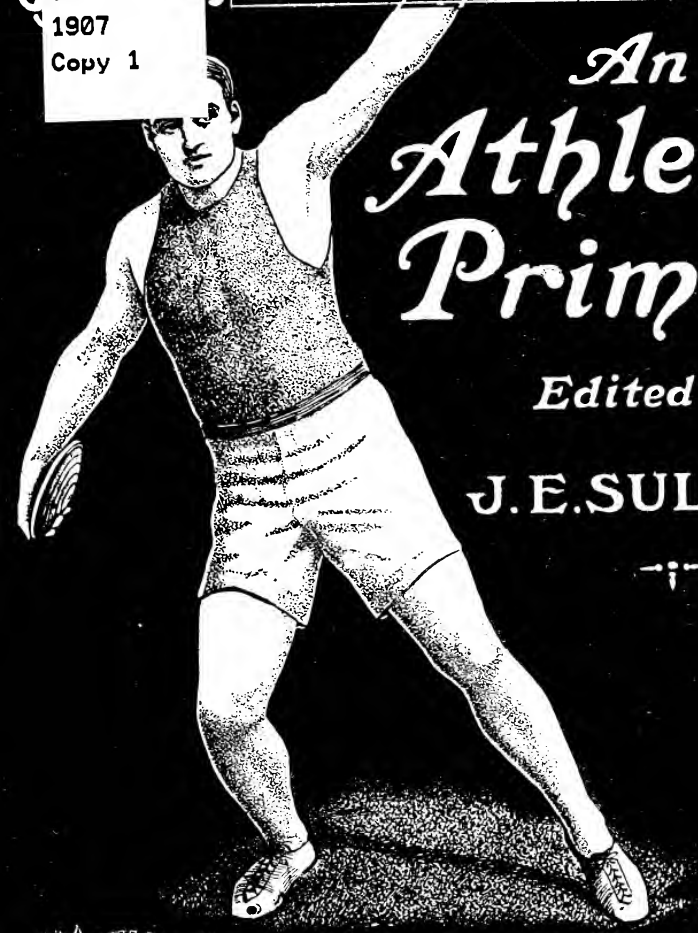

An Athletic Primer

Edited by

J. E. SULLIVAN

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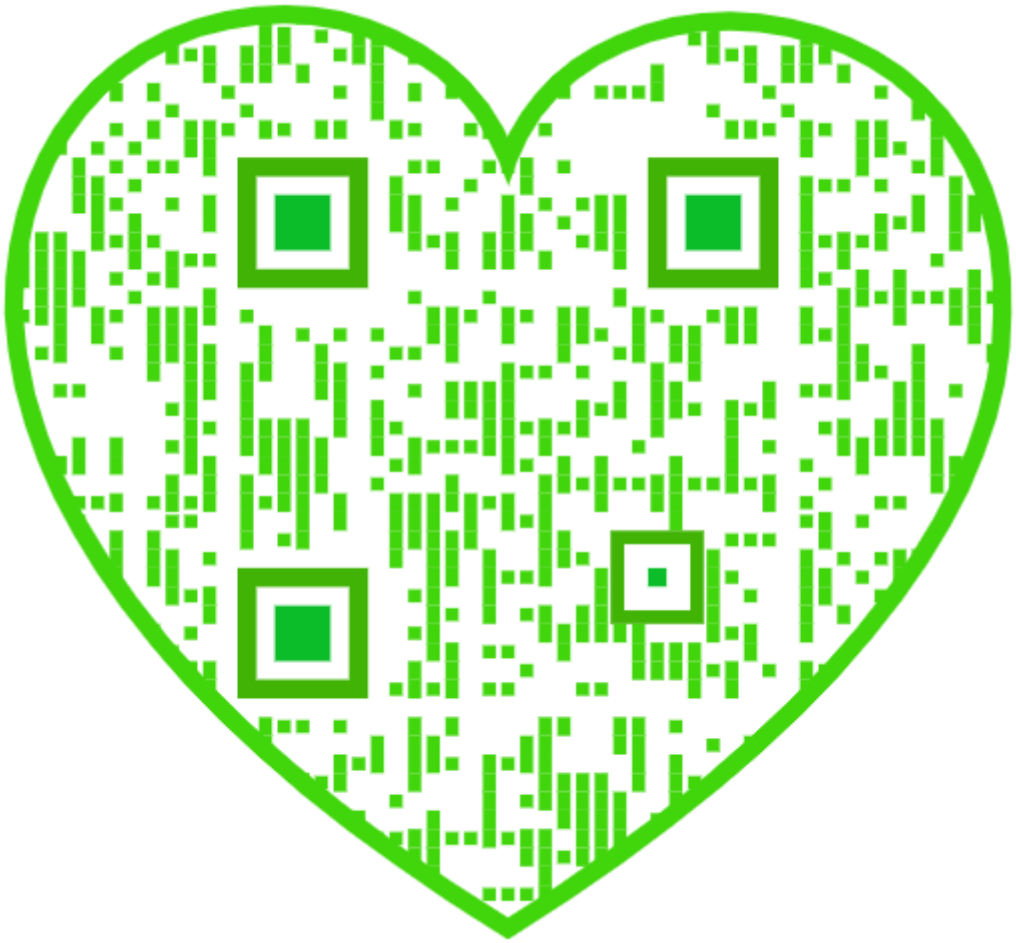

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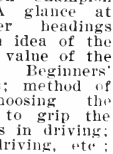

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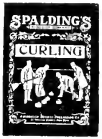

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Compiled by Jessie H. Bancroft, director of physical training, department of education, New York City. These games are intended for use at recesses, and all but the team games have been adapted to large classes. Suitable for children from three to eight years, and include a great variety. Price 10 cts.

Group XII. Athletics

No. 12—Spalding's Official Athletic Almanac.

Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, Director Olympic Games, 1904, Special Commissioner from the United States to the Olympic Games at Athens, 1906, and President of the Amateur Athletic Union. The only annual publication now issued that contains a complete list of amateur best-on-records; complete intercollegiate records; complete English records from 1866; swimming records; interscholastic records; Irish, Scotch, Continental, South African and Australasian records; important athletic events and numerous photos of individual athletes and leading athletic teams. Price 10 cents.

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M. C. Murphy, the well-known athletic trainer, now with Pennsylvania, the author of this book, has written it especially for the schoolboy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport. The subjects comprise the following articles: Training, starting, sprinting; how to train for the quarter, half, mile and longer distances; walking; high and broad jumping; hurdling; pole vaulting; throwing the hammer. It is profusely illustrated with pictures of leading athletes. Price 10 cents.

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Gives in full the method of scoring the All-Around Championship, giving percentage tables showing what each man receives for each performance in each of the ten events. It contains as well instructive articles on how to train for the All-Around Championship. Illustrated with many pictures of champions in action and scores at all-around meets. Price 10 cents.

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By Prof. E. B. Warman.

Contents: Necessity for exercise in the summer; three rules for bicycling; when going uphill; sitting out on summer nights; ventilating a bedroom; ventilating a house; how to obtain pure air; bathing; salt water baths at home; a substitute for ice water; to cure in somnia; etc., etc. Price 10 cents.

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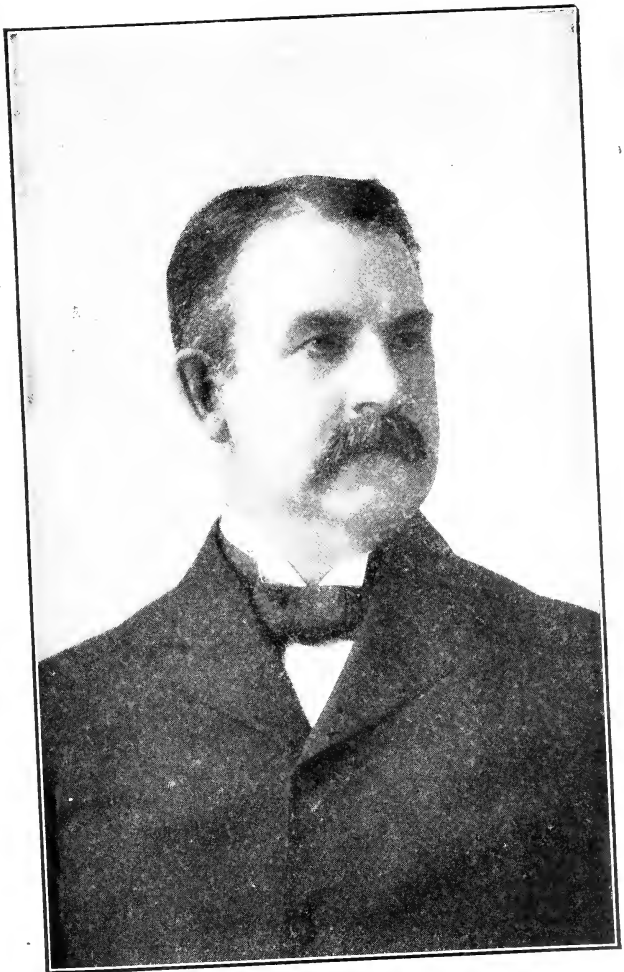
This is a series of chapters by Prof. E. B. Warman, the author of a number of books in the Spalding Athletic Library on physical training. The subjects are all written in a clear and convincing style. Price 10 cents.



A. G. SPALDING.

SPALDING'S ATHLETIC LIBRARY
GROUP XII., No. 87

An Athletic Primer

How to Organize a Club. ¶ How to Construct an Athletic Field and Track. ¶ How to Conduct a Meeting. ¶ Rules for the Government of an Athletic Meeting.

EDITED BY
JAMES E. SULLIVAN
President Amateur Athletic Union of the United States

PUBLISHED BY THE
AMERICAN SPORTS PUBLISHING COMPANY
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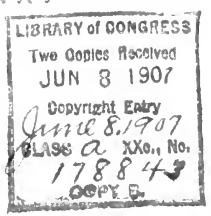

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NEW YORK

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WILLIAM B. CURTIS

Born at Salisbury, Vt., January 13, 1837; perished on Mt. Washington, June 30, 1900

The Father of American Track and Field Athletics

PREFACE

It is a remarkable fact that throughout the United States there are many officials connected with athletic clubs and associations encouraging amateur sport who know very little about the actual management of an athletic meeting. This applies to schools, clubs and colleges in many instances; in fact, the writer has repeatedly received from students and club men communications pertaining to the management of games that would easily convince anyone that the athletic rules had never been read by them. A careful glance over the pages of this Athletic Primer will show just what field it is expected to cover. It is primarily a publication issued in the interest of the Amateur Athletic Union of the United States, the governing athletic organization, and it will be a valuable addition to the work already performed by that organization in encouraging and promoting amateur pastimes throughout the United States. The publication of this book is done to encourage all organizations to give their games under recognized rules and to encourage the formation of athletic clubs and other kindred organizations throughout the country. While it is intended for novices, it will be a valuable book to be in the hands of all college students, schoolboys and members of athletic clubs and frequenters of gymnasiums throughout the United States.

To persons contemplating starting an athletic club, or desirous of information of any kind relating to the laying out or equipment of an athletic plant, the author will be very glad to render any assistance by addressing him as below:

J. E. SULLIVAN,
21 Warren Street,
New York.

1—Wm. Mertens, living still, is now over 70. 2—Thos. Sturges, Ex-Fire Commissioner of N. Y. 3—Harry Magrane, deceased. 4—Tuttle (Coxswain), deceased. 5—Harry E. Buermyer, "Still in the Ring," in his 68th year. 6—Wm. Wood (Trainer), deceased. 7—Wm. B. Curtis, deceased. 8—Chas. Y. Roosevelt, deceased.

MEMBERS OF ATLANTIC BOAT CLUB, SUMMER OF 1868

This crew was among the first members of the New York Athletic Club

ATHLETICS; ATHLETIC TRACKS AND ATHLETIC GAMES

Athletic history gives to us the date of organized athletics in America, but, nevertheless, it is quite true that long before athletics, as the term is understood, received the attention of those who desired to have it organized on a proper basis. American gentlemen took part in athletic contests and demonstrated their ability in running, walking and jumping. It is equally true that amateur athletics before the formation of the New York Athletic Club had absolutely no standing whatever, and all took part in contests for prizes consisting of money or whatever they could get. And old-time records prove absolutely that nearly all old-time competitions were for stakes and usually between professionals of national reputation.

Track and field athletics to-day occupy a very prominent position, but there is no boom. Far from it. There is certainly great interest in track and field sports, but the history of athletics proves conclusively that it has never become a rage. It has never developed with a wild rush such as other athletic fads. Track and field athletics has had a steady growth. Amateur competitive athletics owes its existence and its position to those who formed the New York Athletic Club. However, this does not mean that the New York Athletic Club is the oldest athletic club in America, as many have claimed it to be, for the writer thoroughly investigated the status of the Olympic Club, of San Francisco, while on the Pacific Coast recently, and there is no doubt whatever that the Olympic Club is the oldest in the United States.

One of the founders of the Olympic Club, Mr. Lloyd, was a resident, in 1905, of the city of San Francisco. He proves that athletics, as the word was then understood, existed in the State of California, as it existed in other States, without organization, and that on May 5, 1860, he was one of the few instrumental

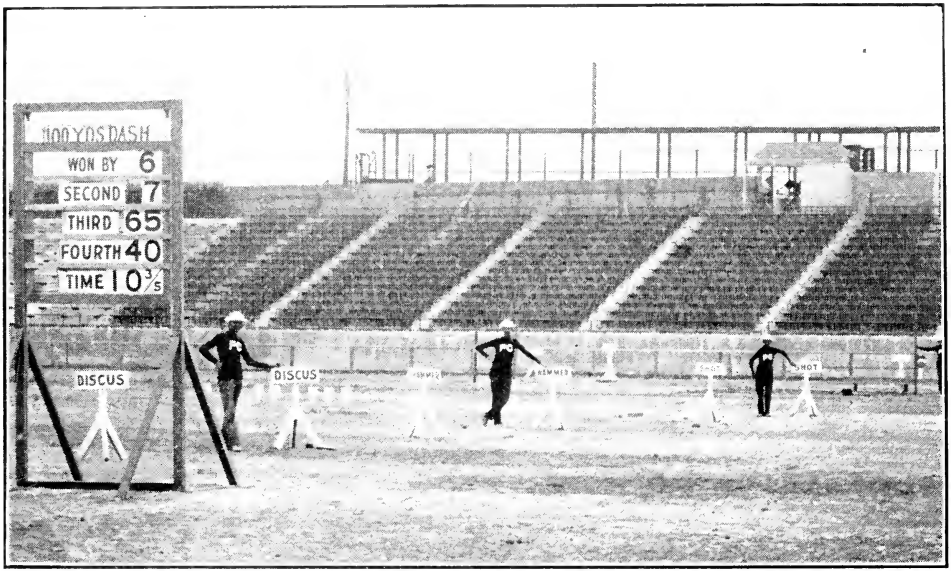
1—M. E. Burris, Sprinter, ¼ Mile Runner, High and Broad Jumper. 2—Geo. Brown, ½ Mile and 1 Mile Runner. 3—Wm. B. Curtis, Sprinter, Hammer Thrower, Weight Lifter, Dumb-Bells, Sculler, Tug-of-War (Amateur Champion U. S.). 4—Daniel Stern, Walker. 5—Chas. Cone, Swimmer, Sculler and Oarsman. 6—H. E. Buermyer, Sprinter, Shot Putter, Boxer, Swimmer, Tug-of-War, Putting up 2 Dumb-Bells, Hand Lifting.

AMATEUR CHAMPIONS OF N. Y. A. C., 1868-1873
Virtually Champions of the United States

in forming a strictly amateur athletic club, the Olympic Club, which is the present Olympic Club, of San Francisco. This club, however, did not back or did not encourage track and field athletics, but it did encourage and hold competitions in certain forms of athletics—jumping, pole vaulting, high jumping, shot putting and weight throwing. It went on for years, however, with practically no interest in outdoor track and field athletics, and while it is certainly the desire of the author to give credit to the Olympic Club for its priority as an organization, it is, nevertheless, true that the New York Athletic Club must be given credit for having fostered track and field athletics in America. And those who were responsible for it were William B. Curtis, Harry E. Buermeyer and John C. Babcock, the really moving spirit in established amateur athletics being the late William B. Curtis. These enthusiasts used to meet in the back parlor of No. 200 Sixth avenue, New York City, which was then a private residence, and although these three athletically inclined young men were unable to find assistants or competitors, they faithfully practiced running, walking and other sports among themselves for their health and amusement.

In the year 1866 amateur athletic sport had already assumed prominence in Great Britain, for the first Oxford-Cambridge games were held March 5, 1864, and the first amateur championship meeting was held March 3, 1866. And it was on June 7, 1866, that William B. Curtis, Harry Buermeyer and John C. Babcock decided to take up athletics, establish and form in America an American amateur athletic club, with No. 200 Sixth Avenue, New York City, as its headquarters. Mr. Curtis himself states, and so does Mr. Buermeyer, that there was no interest taken in their suggestions; no one took kindly to them at all, except that they did receive a little encouragement from the different boat clubs. They had a hard time interesting the young fellows of that day.

"Whenever the weather permitted the parlor was abandoned and sport pursued in the open air. The first rendezvous was on the half-mile track connected with the old 'Red House,' Mark Maguire's famous roadside hostelry, at the head of Harlem

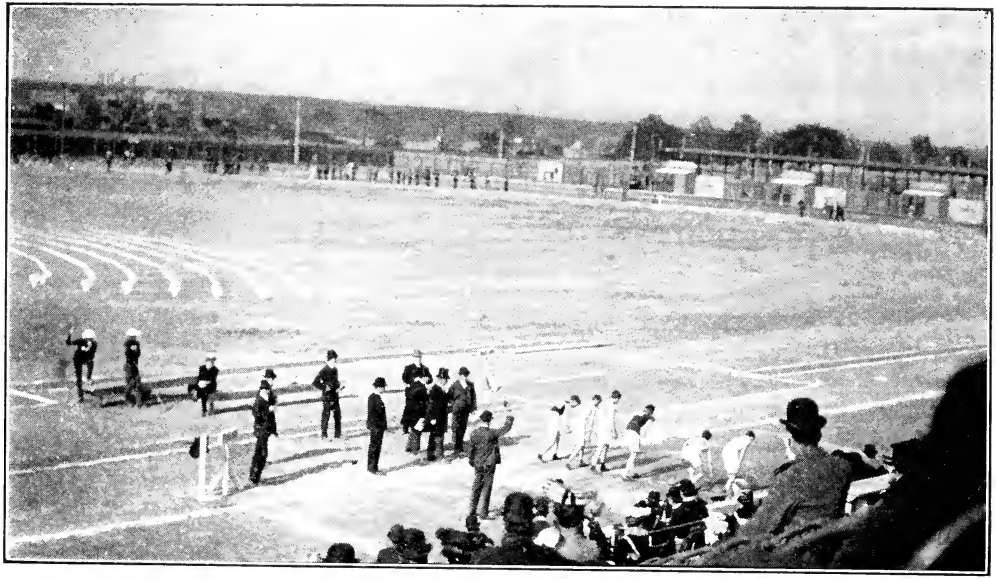


THE OLYMPIC FIELD.

A section of the Stadium and Infield at St. Louis, showing the double announcing board that could be read the same from both sides of the Stadium, several attendants, and the signs that were erected around the ground for the information of the contestants.

Lane. Here, after running the half-mile circuit in 2m. 30s., or walking it in 5m.—feats then considered worthy of note—the fathers of the club, exhausted by such extraordinary efforts, would throw themselves on the grass for a half hour's rest, and then spend another thirty minutes in conversation with that quaint Yorkshireman, James McKay, who had established a boat-building shop in the second story of Maguire's stable, and was just then hard at work on the first genuine racing shell ever built in the United States.

"In a few months the march of improvement ran a street and a row of tenements through the middle of the track, and a change was made to the Elysian Fields, Hoboken. There was no regular track, but a good quarter-mile circuit could be marked out on the level turf of the ball field, and several straight-away 100-yard courses on the shore path. Here the regular attendants were joined by many members of the Atlantic Boat Club, whose boat-house was a quarter of a mile below. Many spirited contests took place, and in one ever-memorable handicap one of the founders of the club was credited with running 102 yards in 9s.—a signal triumph of watch-holding over truth. To this comfortable and convenient trysting-place there were two objections: there was no regular track, and the Fields being then the people's pleasure ground, much as Coney Island is now, the crowds of curious spectators were always annoying and sometimes aggressive. So a removal was made to Finley's half-mile track, corner of Seventy-second street and the Bloomingdale road. These grounds proved to be eminently desirable. The proprietor—a jolly, sport-loving old Englishman—did everything in his power to make his visitors comfortable, and no further change was made till the summer of 1871, when the club opened its own grounds in Harlem. On Finley's pleasant grounds weekly games were held whenever weather permitted. The Atlantic Boat Club men rowed across from their Hoboken quarters, beached their barges at the foot of Seventy-third Street, climbed the steep bluff of what is now Riverside Park, and joined in the contests, while the Nassau Boat Club party paddled up from their boat-house, foot of



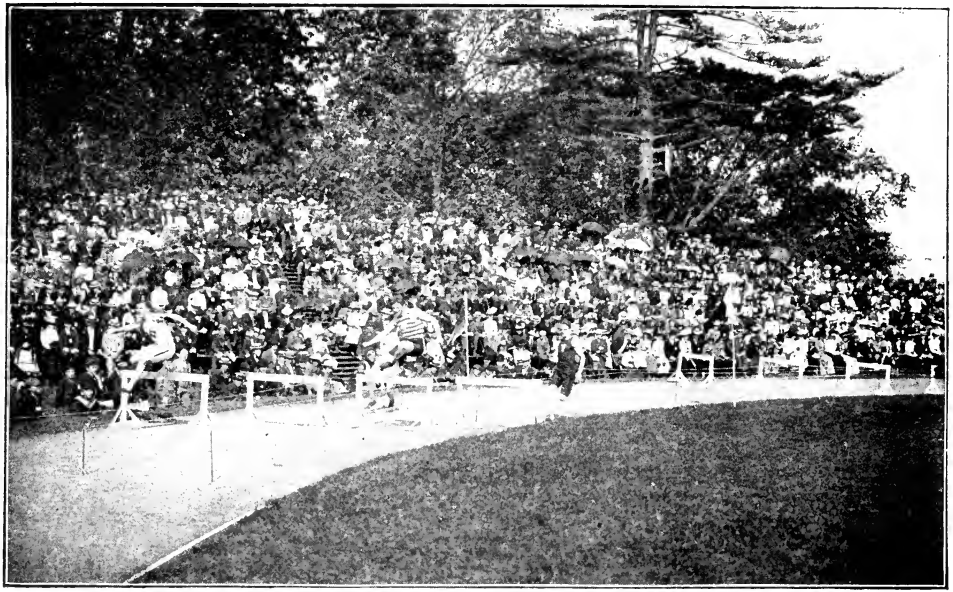
OPENING OF THE OLYMPIC GAMES, ST. LOUIS

Start in the 1-mile race, showing a section of a perfect athletic field. As originally laid out, the Olympic field at St. Louis is, without question, the most perfect athletic field ever constructed. This scene shows a section of one of the double jumping boxes, with the 5-foot marks for recording the hammer throw.

Thirty-fourth street and North River, and the New York City contingent came up by the Eighth Avenue street cars.

"During the summer of 1868 forty-three persons were registered as having participated in three or more of these reunions, and the average weekly attendance was about twenty. These results, insignificant as they now appear, gave great satisfaction, and were thought sufficient to warrant the permanent organization and incorporation of an amateur athletic club. A meeting was called, notices published in sporting and daily journals, and written invitations sent to all who had ever attended any of the weekly sports; but, despite this timely publicity, only seven persons assembled, and an adjournment was promptly made. A second trial, three weeks later, resulted similarly, and it was not until the third attempt (September 8, 1868), that fourteen faithful ones could be gathered together to sign a muster roll, elect officers, appoint committees and complete the formal organization of the New York Athletic Club.

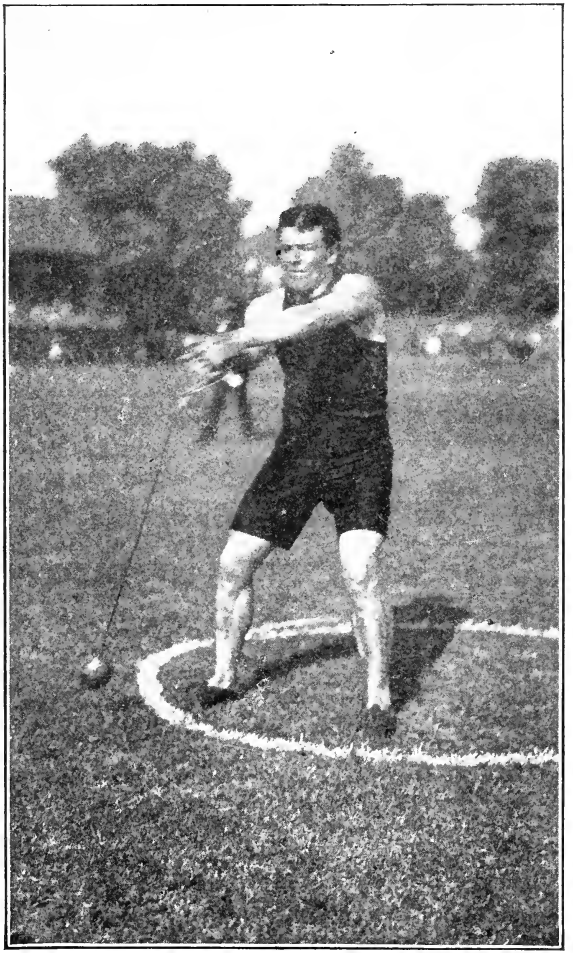
"Being now a full-fledged athletic club, it was, of course, necessary to give a regular open amateur athletic meeting, and the management was entrusted to a games committee. Athletic games and cinder-paths were then unknown in America, and Finley's track, though pleasant enough for practice, was out of the way and inaccessible for spectators. Fortunately, Mr. Babcock was just then building for the Third Avenue Railroad Company the structure known as the American Institute Rink, Sixty-third Street and Third Avenue, New York City, and it was decided to hold the games in that building Wednesday evening, November 11, 1868. Contractor and builder were dilatory, as usual; the morning of November 11 broke cold and stormy; the building was not yet half-roofed, and the committee, scouring West and South streets with wagons, accumulated a quarter-acre of tarpaulins and made a temporary roof, under which the games were successfully contested. The central section of the rink had not been floored, and an eighth-of-a-mile path was staked out on the smooth clay surface.



A low hurdle race around a turn at Travers Island, N. Y. (New York A. C.), each man having his own hurdle and running a full 220 yards. Note positions of hurdles.

"In American amateur athletic circles there was at that time only one pair of spiked shoes, and they belonged to W. B. Curtis. A professional sprinter named Davis told Curtis about the advantage of wearing spikes in athletic contests, so 'Father Bill' decided to have a pair constructed. Thereupon, Davis found an Irish shoemaker, who brought over some English spikes, and he made the pair of now world-famous shoes for the Father of American Athletics. They were clumsy, long-toed, and of such general proportions as best fitted their owner's ample feet. No one then knew anything about those new-fangled weapons, but everybody agreed that if they were in common use by English athletes, they must be desirable for Americans. So everybody wished for a pair; everybody coveted this pair, everybody envied their fortunate possessor, and everybody wished to borrow them. Their complaisant owner tried to satisfy all, and succeeded in distributing these shoes quite widely. After he had worn them in the 75-yard and 220-yard runs, H. J. Magrane used them in the quarter-mile and half-mile runs, H. E. Buermeyer in the shot-putting, and finally, strangest of all, they carried J. E. Russell to victory in the one-mile walk.

"The contestants at the first New York Athletic Club open amateur meeting included all the young men in the neighborhood of New York City who had ever developed athletic ability in any branch of athletic sport. Not only did the programme show the names of all the active members of the new club and all their acquaintances who were able to exhibit good performance at running, walking, leaping, or feats of strength, but a special invitation, or rather challenge, was extended to the New York Caledonian Club, then, as now, the most prominent of American Caledonian societies, and their most eminent athletes were present to compete, thus making the affair an international match—America against Scotland. The result was, as might have been foreseen, America won the running and walking contests, while Scotland was successful with the weights and in pole-leaping, standing high-jump and running long-jump—the games most common at Caledonian meetings.



John Flanagan, world's record holder at throwing the hammer, getting a good swing before he starts his throw.

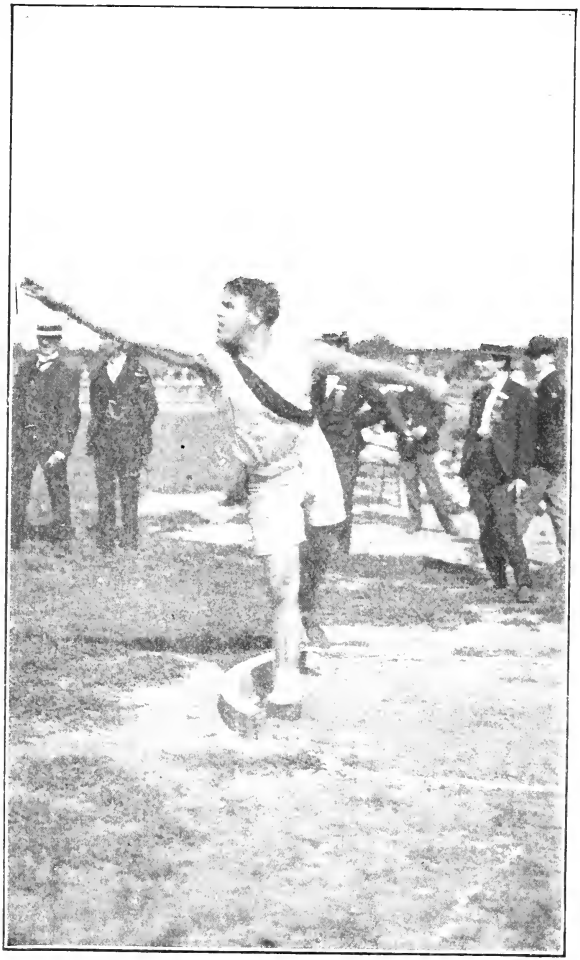
"The many thousand bicyclists of to-day will be interested in learning that at this meeting was given the first public exhibition of the newly-invented velocipede,—now known as 'The Boneshaker,'—which was the forerunner of the modern bicycle.

"The leading sporting journal of that day reported the event as follows:

"'At this juncture the velocipede race, which the programme announced as the closing feature of the exercises, took place. It proved nothing more—nor was it intended to be more—than an exhibition of the speed to be gained by these wonderful engines of locomotion. The carriage consists of but two wheels placed one before the other, with a treadle apparatus to spin them on. Without speaking a word of the velocity with which one can cover ground by riding this machine, the wonder is how he can maintain a balance on it at all. Yet this seems to be no part of the difficulty in navigating; on the contrary, every effort of the rider seems bent on driving it at break-neck speed. The ease and celerity with which this new method of propulsion was turned around the corners of the building was amusing, and its performance was in the highest degree satisfactory.'

"The figures credited to the winner of each event were claimed as the first amateur records established in America, and became necessarily best on record. They were a fair test of our ability in this line, and the remarkable progress in American amateur athletic sport since then is clearly shown by comparing those performances of 1868 with our present records. The comparison, or rather the contrast, is as follows:

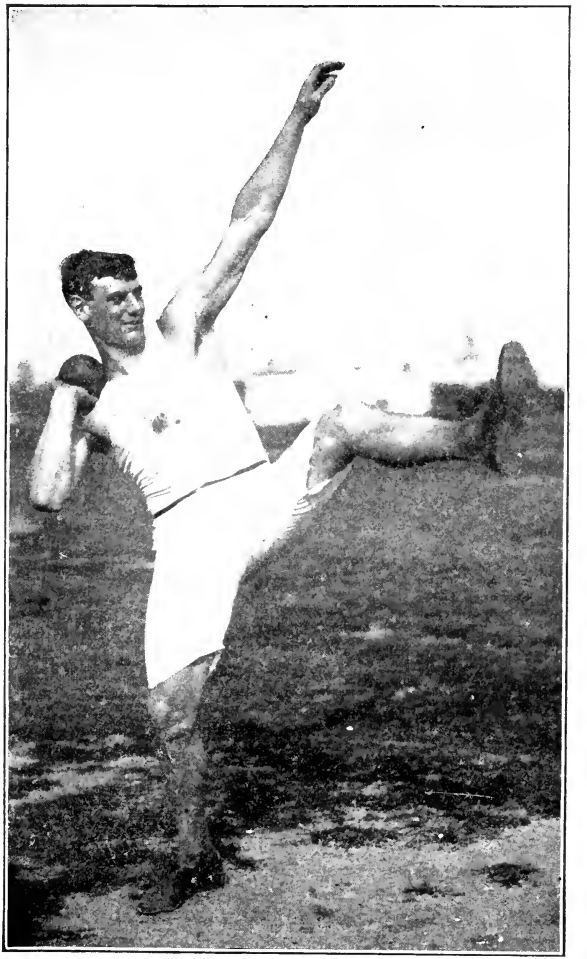
	1868	1907
75-yard run	then, 9 s.	now, 7 3-5s.
220-yard run	then, 28s.	now, 21 1-5s.
Quarter-mile run	then, 1m. 20s.	now, 47s.
Half-mile run	then, 2m. 26s.	now, 1m. 53 2-5s.
Hurdle race	then, 24s.	now, 15 1-5s.
One-mile walk	then, 7m. 50 1-2s.	now, 6m. 29 3-5s.
Standing long jump (with weights)	then, 11 ft. 6 1-5 in.	now, 12 ft. 9 1-2 in.
Standing high jump	then, 4 ft. 5 in.	now, 5 ft. 5 1-4 in.
Three standing long jumps (with weights)	then, 33 ft. 8 in.	now, 35 ft. 9 in.
Running long jump	then, 17 ft.	now, 24 ft. 7 1-4 in.
Running high jump	then, 5 ft. 2 in.	now, 6 ft. 5 5-8 in.
Pole leaping	then, 8 ft. 3 in.	now, 12 ft. 4 7-8 in.
Throwing hammer	then, 73 ft.	now, 172 ft. 11 in.
Putting shot	then, 35 ft. 5 in.	now, 49 ft. 6 in."



Putting the shot—the delivery. (*John DeWitt, Princeton.*)

Poor "Bill" Curtis is no more, but his sarcophagus at Woodlawn is a monument to his sterling work. Mr. Curtis was merely twenty years ahead of his time. While it is true we have always referred to the games of 1868 as being the first athletics that were held under proper auspices, it is a well-established fact that there was held over in the State of New Jersey several sets of athletic games sometime in 1863, and there can be no question whatever but what the games of 1863 are, from a record standpoint, the first amateur athletic games held in the United States.

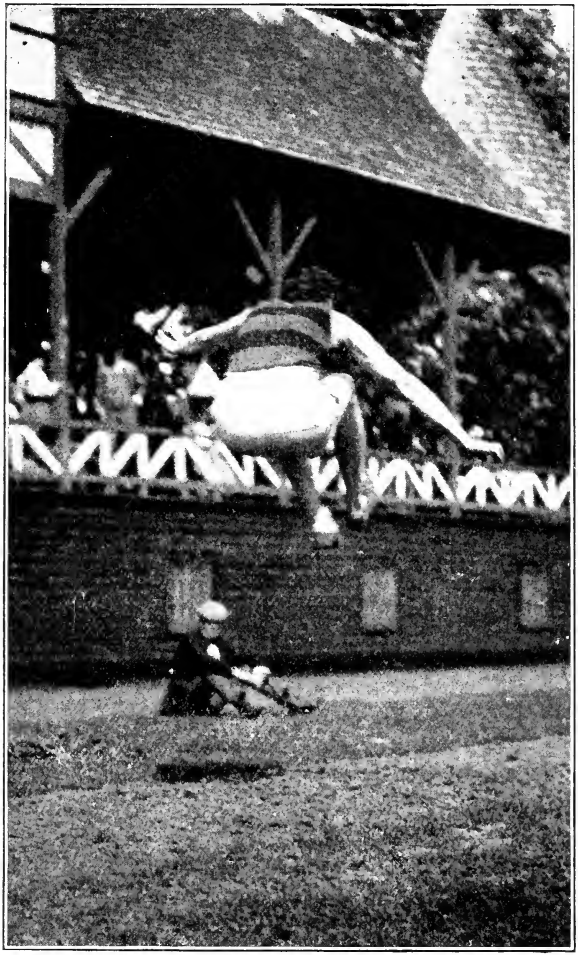
The New York Athletic Club continued its good work of building up and popularizing amateur sport. The club established the rules of athletics, laws of competition, inaugurated the first American championships which were held in 1876, repeated them in 1877 and 1878, and in 1879 relinquished them to the then governing body—the National Association of Amateur Athletes of America. From 1876 to 1882 and 1883 great interest was taken in track and field athletics, and at that time there must have been in America at least 150 athletic clubs that either gave games or entered athletes. And it will interest athletic followers to know that on November 28, 1878 (Thanksgiving), two sets of athletic games were held in the City of New York; one by the Scottish-American Athletic Club, on its grounds in West Fifty-fourth Street, now the grounds of the New West Side Athletic Club, and the other by the Manhattan Athletic Club. One set was held in the morning and the other in the afternoon. Over 750 entries were received, a phenomenal number for that time. The 75-yards run at the Scottish-American games had no less than 29 heats. The one-mile walk was divided into four heats. The writer well remembers the race, for he was a starter in one of the heats. The race was won by Harry Fredericks, afterward American champion runner at one mile. His time was 7m. 37s. These two remarkable meets did a lot for sport; caused more interest to be aroused, and the interest was revived for several years. The growth, however, of athletics—track and field athletics—was to a certain extent not rapid, in fact, it went backward from the early eighties to about the year 1888.



"Dick" Sheldon, N. Y. A. C., at Celtic Park, L. I., balancing and getting ready for a good put with the shot.

On January 28, 1888, the Amateur Athletic Union of the United States was organized. Then came the bitter rivalry between the Amateur Athletic Union of the United States and the National Association of Amateur Athletes of America, both striving for supremacy and control of the athletic situation. As a result numerous games and the giving of valuable prizes was the order of the day, and there was quite an interest aroused. Within a year both organizations agreed that for the betterment of sport a consolidation had better be perfected and the National Association became part of the Amateur Athletic Union, its clubs becoming members of the Amateur Athletic Union of the United States. From that day to this the interest in athletics—track and field athletics—and all outdoor sports has been simply phenomenal. The doctors, teachers and college presidents, all interested in the future of our race, have come to the conclusion that outdoor life is sure to benefit mankind, and as a result this entire country of ours to-day is athletically alive and great interest is being taken. And it is becoming more so each day. Athletic clubs exist in all populous districts, as do scholastic associations, collegiate associations, settlement athletic associations, and church athletic leagues. All are either formed or being formed for the furtherance of track and field athletics and wholesome sport in general, and it may seem odd, but, nevertheless, I am convinced that we are still in our infancy. Sport is sure to grow, and there is plenty of room for it. In many sections of the country organizers are apparently not taking the interest they should in competitive athletics.

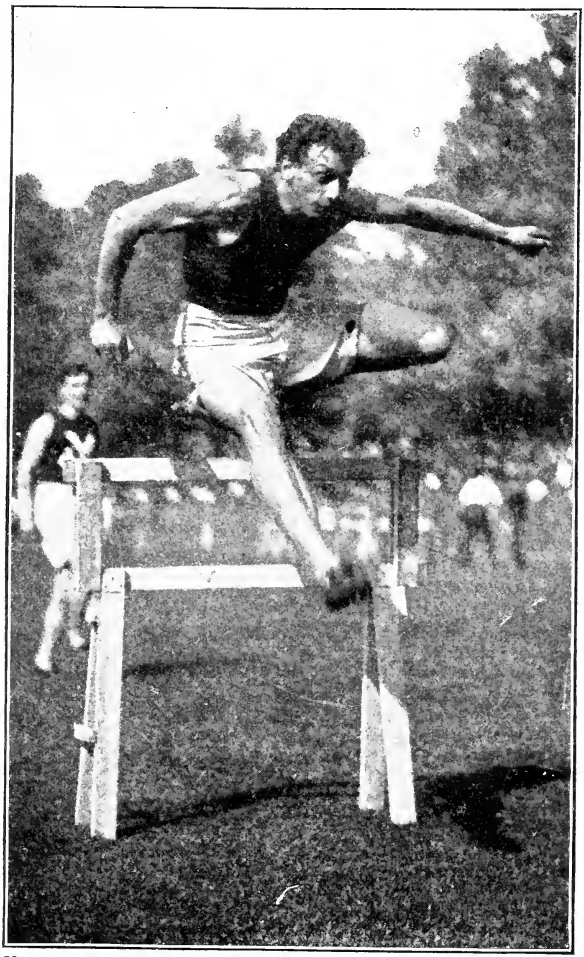
The condition of sport to-day is certainly encouraging. It has been nothing unusual in the past several years for an athletic club in an ordinary open meeting to have over 500 entries. And with the Public Schools Athletic League 1,000 entries for a meeting is not a surprising event. In the city of Newark, on June 9, 1905, no less than 1639 schoolboys took part in one particular meeting, and there has just been brought to a very successful conclusion in the City of New York the World's Track and Field Competitions, given by the Sunday *World*



Champion Kraenzlein jumping. High in air. Note well how he draws up his kness.

of New York City. In the preliminary meetings no less than 20,000 boys took part, and over 2,000 boys took part in the final heats. Such a showing, of course, is unheard of in any other part of the world and is easily the record.

The present condition of sport is due to the fact that there have existed in America several gentlemen who have devoted their entire time, money and thought to advancing athletics and the benefits to be derived therefrom. The work has not been hard—it has been pleasant. And the results are being shown all over this country of ours. New York and vicinity of course, has shown the greatest increase, but the West has come forward rapidly. The scholastic and other important meetings of the West create great interest, one particularly large athletic meeting having been held in the Coliseum of Chicago a year ago. Athletics in the West are still young. There will be great development in that territory in the next few years. Unlike the East, where the athletic club and outside athletic interests are prominent, college influence prevails in the West. I have always felt that to Mr. A. A. Stagg, of Chicago University, a great deal of credit must be given for the popularizing and development of college and school athletics in the West, as we understand the territory, of which Chicago is the central point. Mr. Stagg went from the East many years ago to Chicago University, and the records prove conclusively that when Stagg took charge they did not have much competitive athletics. He started the good work of building up amateur athletics, and it is a pity that Mr. Stagg has been, owing to his connections, forced to confine his efforts to college and scholastic athletics. A man like A. A. Stagg, interesting himself in athletic work other than at the schools or colleges, could have accomplished a great deal more in other quarters. What they have been doing in the past is proven by the class and number of entries that they have received for the many games held in the West.

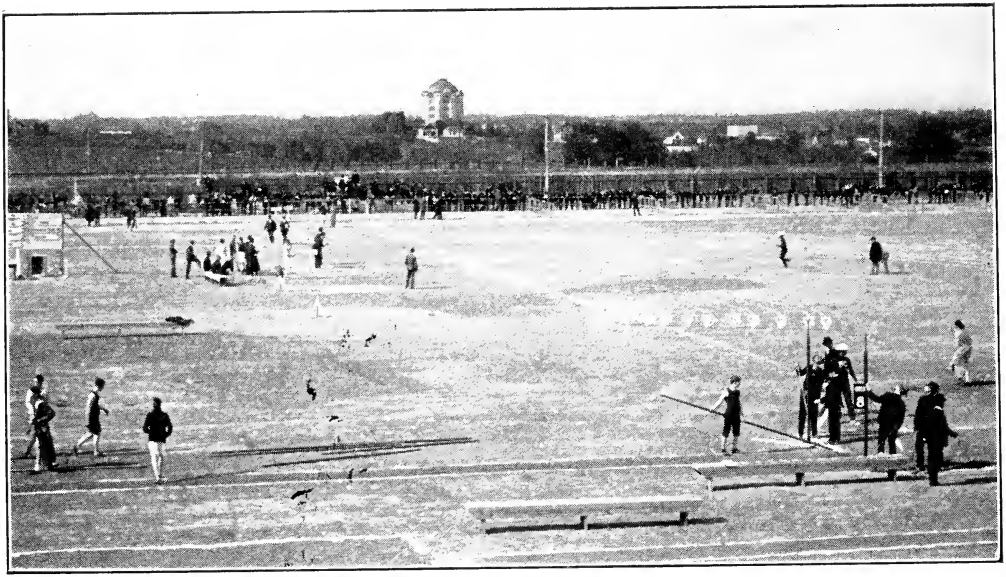


How to take a high hurdle (showing Champion Kraenzlein, world's record holder for 120-yard hurdles).

ATHLETIC CLUBS AND TRACKS

Athletic clubs should be organized wherever there can be found a party of youngsters who are interested in the work. In this country we are not as enterprising as they are in England. In England they have all kinds of athletic associations. In London they have dozens of them for the mercantile interests, as well as for the schools and colleges. Here we have many, but we have neglected the mercantile or the factory interests, in so far as it pertains to athletic clubs, and there is a very large field for some enterprising athletic manager. There should be an athletic track properly equipped in nearly every town in the country where there exists a factory or a school or a club, because an athletic track is the first consideration for track and field athletics; and in this little booklet we will give several plans of a track. However, it is not necessary that one must have a properly equipped athletic track in order to start athletics. An athletic track or path can be made on almost any grounds that are level, and the size of the track can vary. It can be 12, 10, 8, 6, 4, or 3 laps to a mile, but the larger track is not an advantageous size. The smaller the track the better for the spectator. The quarter mile, of course is the ideal track, and the one that is universally used.

The writer well remembers a set of athletic games that were conducted at the summer school of Lake Champlain, and the track that was built there. They had in connection with the summer school at Lake Champlain a boys' camp. The boys wanted athletics so it was decided to mark out a track and give a set of games. A level plot was selected. The groundsman with a mower put the grass in good shape, and then a few of the boys with tape in hand measured out a 10-lap track. It was marked off with a series of flags and sticks, with a white-wash line for the start and finish. The making of the apparatus was interesting, a local carpenter furnishing nearly all of the



THE ATHLETIC FIELD AT THE WORLD'S FAIR, ST. LOUIS, 1904
Considered a perfectly equipped field.

material, whereby the high jumping and pole-vaulting apparatus and everything necessary was constructed, and a very successful meeting resulted. This was the beginning of sport at the summer school. Now it is a very important adjunct to the school.

Another illustration of what can be done with grounds that are apparently not adaptable for athletic purposes was the work of H. W. Kerrigan, who was Director of Sports at the Lewis and Clark Centennial, Portland, Ore., 1905. A diagram of the track as completed is appended herewith:

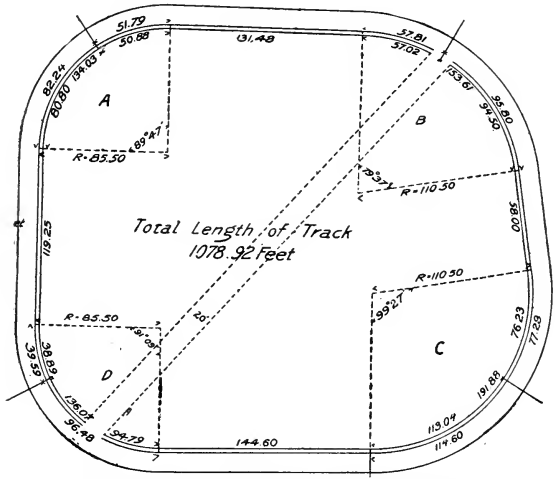
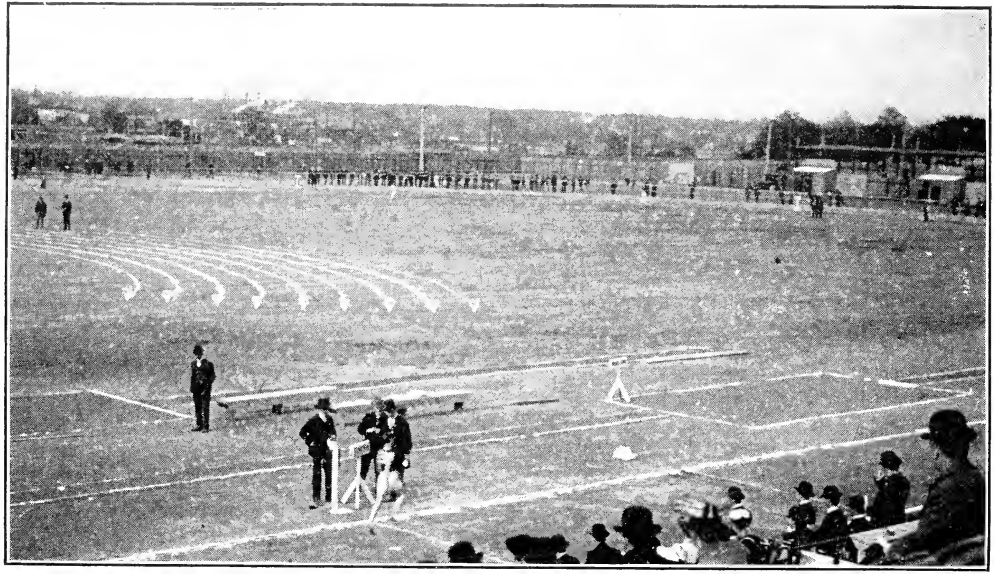


DIAGRAM OF TRACK AT LEWIS AND CLARK CENTENNIAL EXPOSITION, PORTLAND, ORE., 1905.

The Multnomah Club has a perfect track, but it is miles away from where the Exposition was held, so Mr. Kerrigan closed with the ball park for its grounds that adjoined the Exposition, and laid out a very good track on the ball field. A little grading had to be done, and, when finished, it was



ANOTHER VIEW OF THE ATHLETIC FIELD AT THE WORLD'S FAIR, ST. LOUIS, 1904

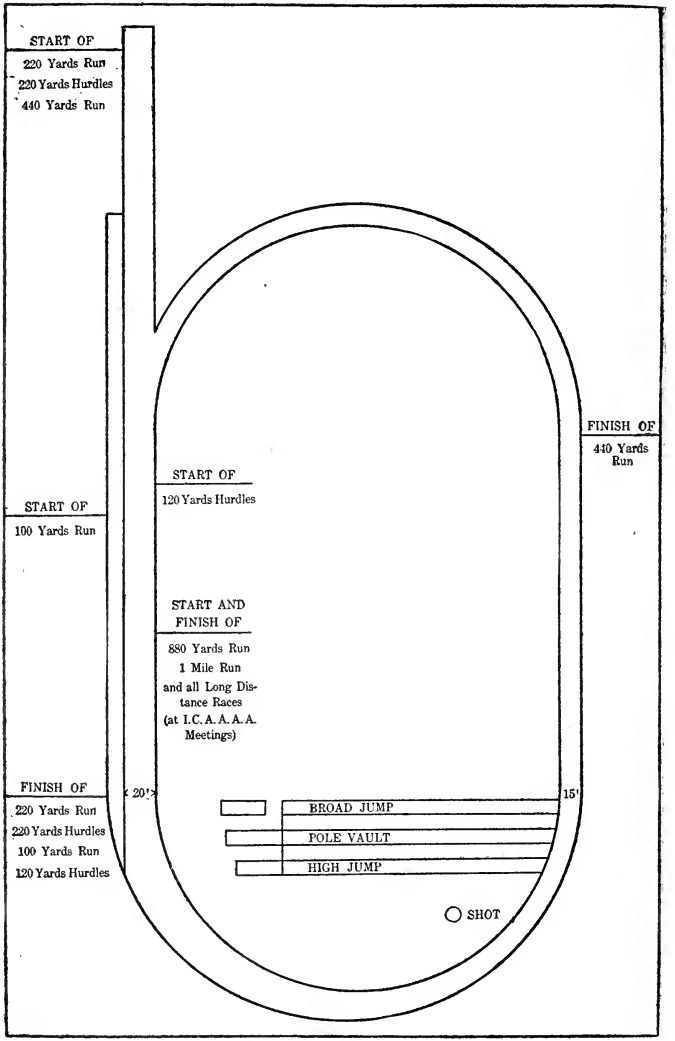
one of the fastest clay-tracks of the West. On this 100-yard path C. L. Parsons ran 100 yards in 9 4-5s.

I have always contended that there should be in conjunction with all baseball grounds, athletic tracks. These tracks could be used for athletic training. They would be a source of income to the managers, and when a ball team is away athletic games could be held and made a paying investment.

New York City has had an interesting experience with athletic tracks. The Pastime Athletic Club, of New York, held its games, some open and some closed, on a 12-lap track at the foot of East Sixty-sixth Street. This small track was considered one of the best in the city, and many of America's champion athletes trained there. One of the first small tracks that attracted attention in the City of New York was that of the old Manhattan Athletic Club. It had grounds on Fifty-seventh and Fifty-eighth Streets and Eighth Avenue, which are to-day used by the West Side Branch of the Y. M. C. A.

The Manhattan Athletic Club, during the first five years of its existence, had grounds less than 200 feet wide and less than 246 feet long, a plan of which is given in Fig. 1, omitting the fences. The path was one-eighth of a mile in circuit, rectangular, with rounded corners, and, to obtain 100 yards straightaway, it was found necessary to build a straight path diagonally across the field from corner to corner, and even then the finish was up a steep bank and against the fence beyond. The grand stand was located outside of the track in one of the corners, and the dressing-rooms between the east end of the track and the fence.

The building of a track is something that always requires a great deal of thought and consideration. No hard and fast rule can be made as to the selection of a plot to build tracks, but I have always contended that if the ground is high and dry a better track can be built for many reasons. There can be no question whatever that the athletic track at St. Louis when completed was the most perfect athletic plant that was ever built. The track was a third of a mile in circumference; too large, some thought. That was the only



PLAN OF THE TRACK, HARVARD STADIUM

drawback. It was built in a hollow on the slope of a hill, that interfered a great deal with its being perfect from a draining standpoint. Its 220 yards straightaway, I contend, was the fastest 220 yards straightaway ever built in America. It was built in the regular way, but it was the top dressing that made the track perfect. Good clay was plentiful in and about the Fair grounds and good cinders were secured. The cinders were sieved to the finest possible point and mixed with 50 per cent. loam. As a result a top dressing was put on that packed

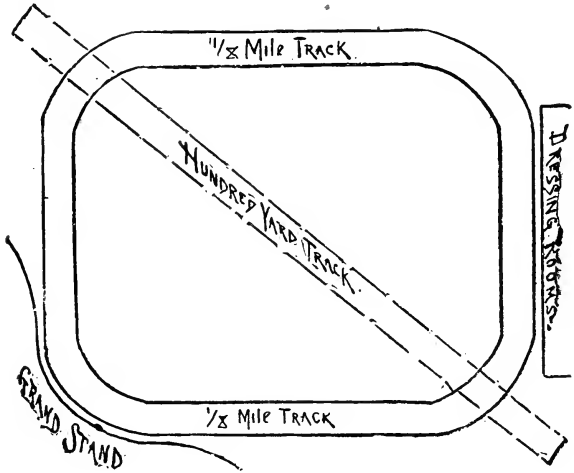
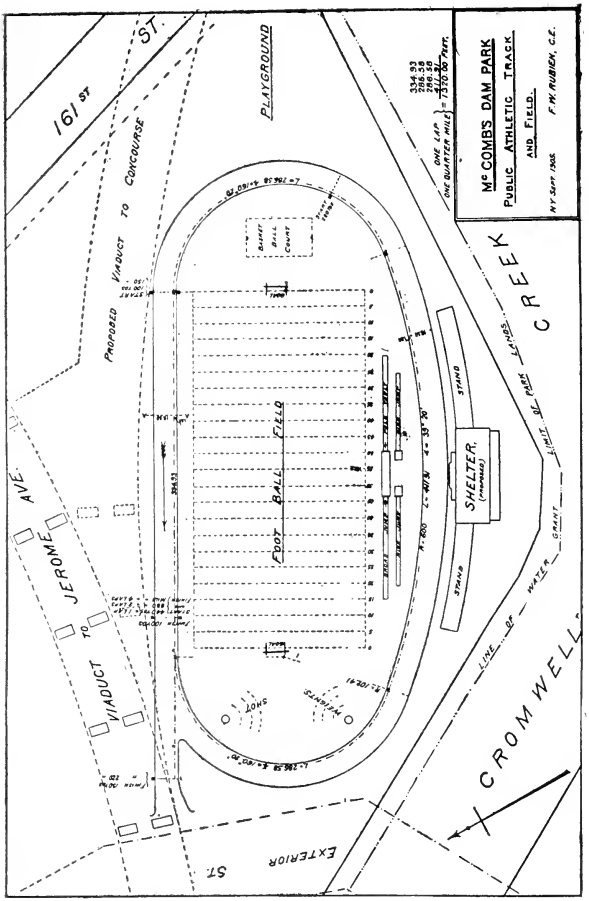


FIG. 1.

readily, and kept together well, and was fast going, as the running on that track that year proved.

An all-cinder track is absolutely worthless. The cinders won't pack, they tear up easily, and it's the hardest kind of a track to keep in condition. A track 50 per cent. clay is easy to care for, and does not require much work. To be sure, after a rain-storm it has its disadvantages; but, for all-round use, a track made as above is superior to an all-cinder track. But if we must choose between an all-cinder track and an



McCOMB'S DAM PARK, NEW YORK CITY

all-clay track, by all means have the clay track, for our records prove that an all-clay track is faster, when in condition, than an all-cinder track. Nearly all of the fastest performances made in the world by sprinters have been made on tracks that might be termed clay tracks.

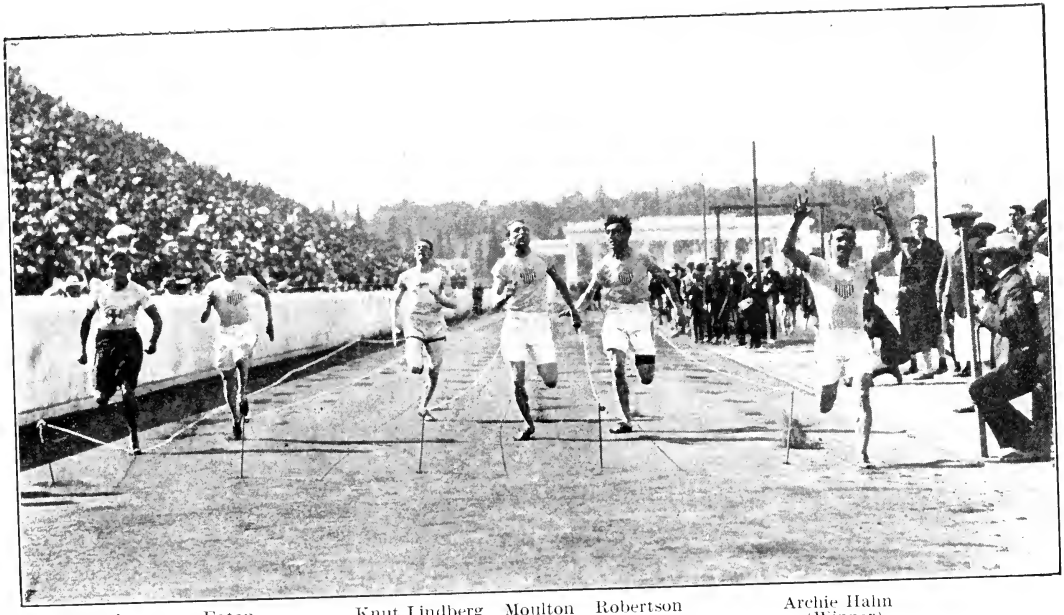
The advantage of a cinder and clay path is mainly that it is not so dusty in dry weather nor muddy in wet weather.

The track must be light and springy, and should be sprinkled every day or two during the dry weather and rolled every day. The object sought is to keep the path smooth, firm and springy, instead of rough, brittle and heavy, and only experiment can determine accurately just what means will effect the desired end.

The sprinkling and rolling should be done at morning or evening twilight, and water should not be thrown on the path to be quickly evaporated during the heat of the day, thus making surface brittle. In addition to the use of the roller the path should be regularly brushed with a coarse, heavy broom, either mounted on wheels or dragged along the ground. This method can be used in spreading layers during construction, and has same effect as a harrow, loosening up the surface and preventing it from becoming caked. A coarse mat dragged over the surface helps greatly in smoothing it.

Where the top dressing remains loose and mealy, refusing to pack properly after repeated rolling, the admixture of a little loam or clay with the cinders will usually remedy the difficulty. The most common defects in tracks are lack of sufficient rolling and wetting, and use of top dressing of coarse unsifted cinders, instead of fine ashes run through the finest obtainable sieve.

As to the method of laying a track, no positive rules can be laid down. Another way is to dig out the whole ground about 1 foot deep, then throw in 4 inches of small broken stones or rough gravel, which will lie loose and allow water to soak through easily; over this, 4 inches of clinkers and loam; then a few inches of coarse cinders, and finally a top dressing of fine sifted ashes or burnt brick-dust or clay. This process is costly, and in most cases as useless as expensive. Unless the selected grounds are



Barker (Third) Eaton (Fourth) Knut Lindberg (Sixth) Moulton (Second) Robertson (Fifth) Archie Hahn (Winner)

FINISH OF THE FINAL HEAT OF THE 100 METER RUN AT OLYMPIC GAMES, 1906.

Copyright Photo by Bowden Bros., London, England.

a swamp, it will be quite sufficient to level that part of the ground to be occupied by the path and inner field; then put on the path 2 or 3 inches of coarse cinders, and then 3 inches of fine top dressing, thus raising the path 4 or 5 inches above the inner field. This path will drain promptly and be in every respect as good as if built over an artificial subcellar.

After a track has been built it should not be allowed to run down, constant attention being necessary to keep it up to a high standard of efficiency. It is simply money wasted to build athletic tracks at a great expense and then expect them to keep in condition without any further attention. A groundsman should be employed, whose duty it should be to care for the track exclusively. It should be gone over every day and scraped and rolled and all the uneven surfaces brought up to a level. The best made tracks will develop an unevenness and a good way to discover where such depressions exist is to go out on the track immediately after a rainstorm and note where the puddles occur, throwing into each a small block of wood to serve as a marker when the water has disappeared. These places should then have particular attention right away. It is also a good plan to have several loads of the finest sieved cinders constantly on hand, which should be worked in from time to time with the top dressing, rolled, scraped and watered.

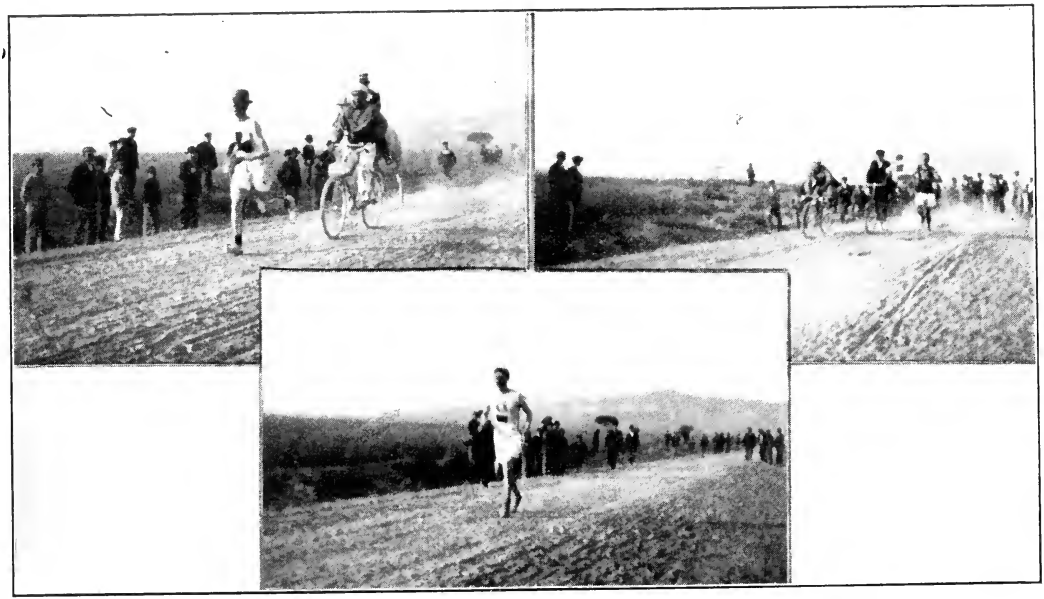
And in connection with the question of building tracks, I take great pleasure in publishing the directions furnished by Mr. F. W. Rubien, civil engineer, of the St. George's Athletic Club, New York City. I have worked on many tracks in connection with Mr. Rubien, and, he having made the subject a study, is considered to-day one of the most expert men in this line in America.

SPECIMEN ATHLETIC TRACKS.

McCOMB'S DAM PARK TRACK.

The directions given the contractor for constructing the track in McComb's Dam Park, New York City, were as follows:

The measurement line of the track is 18 inches outside of the inner curb. The grade of the track must be perfectly level



Wm. Sherring, of Canada (the winner). Geo. Blake, Australia.
W. G. Frank, America (who finished third).

MARATHON RACE, OLYMPIC GAMES, ATHENS, 1906.—SCENES ON THE ROAD.
Photos by Paul Pilgrim.

along this line. On the straight portion on the northerly side of the field a slope of 2 inches in 20 feet will be sufficient for surface drainage. On the sharp turns at east and west of field the track must be banked, sloping gradually to 2 feet higher than the level along measurement line. On the 600 feet curve along the south of the field the bank should be sloped up 6 inches from the curb. The inside and outside curbs should be 1½x6 inches wood, 2 inches of which will show above the path and 4 inches underground; 4 feet, 3x4-inch stakes driven in the ground about 4 feet apart are required to hold the curbs or borders in place. The curbs are bent around the curves by sawing slits in their inner edges as frequently as necessary, thus making line of curve true and not a succession of straight edges. The track will be drained by a 4-inch drain along the inside of the inner curb, about 2 feet underground. Connections with the surface of the track about 100 feet apart are necessary. The inner field should be drained with 2-inch agricultural tile-drains, crossing field in lines about 30 feet apart, to keep inner field dry.

The method of laying the track should be as follows:

The present surface of filling should be given a slope toward the inner curb and drain of about 3 inches in 20 feet. A layer of broken stone, at least 2 inches deep, to be rolled and shaped so that it will be 7 inches below final grade of track. Upon this a layer of 3 inches of coarse cinders to be carefully spread and rolled in thin layers and thoroughly soaked while being rolled.

The final layer or top dressing is to be laid in the same manner. It is to be 3 inches in thickness, and consists of a mixture of loam and cinders in the proportion of half loam and half cinders. Both to be thoroughly mixed after sifting in most careful manner, using finest sieve. This layer is then carefully spread and rolled.

MANHATTAN FIELD.

In the spring of 1883, the Manhattan Athletic Club secured a lease of the lot bounded by Eighty-sixth and Eighty-seventh

NEW WEST SIDE ATHLETIC CLUB, NEW YORK CITY

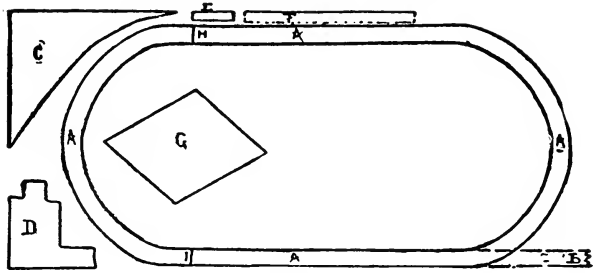
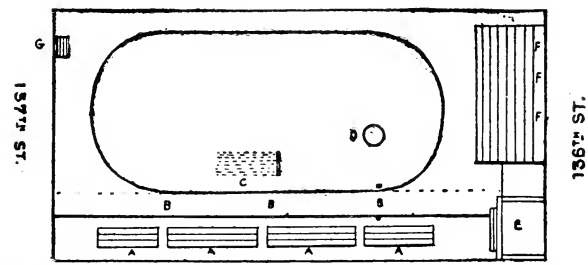


FIG. 2.

Streets, Eighth and Ninth Avenues, 200 feet wide by 800 feet long, and made of this the best athletic ground in the neighborhood of New York City. A ground plan of these grounds is shown in Fig. 2, omitting the fences and also that portion of the field west of the quarter-mile path. The path was a quarter-mile in circuit, two straight sides about 150 yards in length, connected by curved ends somewhat flatter than semi-circles, and about 79 yards in circuit. The north or straight side of the path was prolonged to the western fence, making a 220-yards straightaway course, in its day considered the fastest and best in America. The diagram which is shown in Fig. 2 sufficiently indicates the general arrangement of the grounds, which, although the best near the metropolis at that time,



AAAA—Grand Stand. BBB—50 Yard Track. C—Broad and High Jump. D—Shot Put. E—Dressing Room. FFF—Stands. G—Exit.

MOTT HAVEN A. C., NEW YORK.

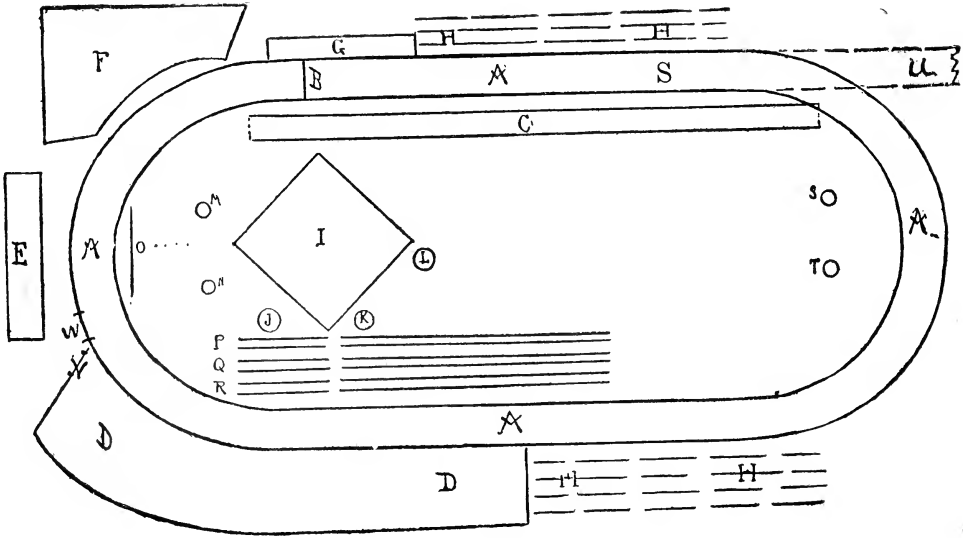


FIG. 4.

could have been bettered had the limits of the land allowed. The outside width of the grounds, from street to street, was 201 feet 5 inches, and being a sunken lot, 12 or 15 feet below the street level, the sloping banks on either side reduced the actual width of the available ground to about 180 feet.

This track was always referred to as a model athletic track, but we have gone rapidly forward in the construction of athletic tracks, as one can easily see by looking at the diagrams published in this book.

Diagram No. 4 (on opposite page)—This is a quarter-mile path, with one side prolonged so far as the grounds will allow for a straightaway course. The straight sides are 110 yards in length and 69 yards 1 inch apart, measured from curb to curb. The sides are joined at either end by semi-circles having a radius of 103 feet 6½ inches from center to curb.

This form of path is the best possible for foot-racing; easy for contestants and not naturally slower than the Model A in Fig. 3—four straight sides joined by curved corners. Under no circumstances should the path be less than 12 feet wide, and 15 feet or 18 feet should be obtained if possible. If it is not practicable to make the whole path 18 feet or 20 feet wide, that breadth should certainly be given to the straightaway—sprint side (from B to A, in Fig. 4). The outer edge of the path should be a stout picket fence, not less than 4 feet high, continuous around the whole path, except where the grand stand serves in its stead. There may be in this fence as many gates as convenience requires, but during athletic meetings all should be securely locked, save the one at the grand stand (W, in Fig. 4). A fence between the track and the inner field, found on old-fashioned grounds, is useless.

The grand stand should be located as shown at D, in Fig. 4, on the other side of the track from the finish of all the races. If there be not room on the side, on account of the narrowness of the grounds, it can be put in one corner, as at the Manhattan Athletic Club grounds (C, Fig 2). The worst place of all is on the same side with the finish line, which works very well in horse-racing, but is unsatisfactory in athletics, because the occupants

MARTIN J. SHERIDAN, AMERICAN WINNER AT PUTTING THE 16-LB. SHOT.

Copyright Photo by Bowden Bros., London, England.

of the stands cannot see the contestants well as they near the finish line, and, in an interesting race, always jump up, one after the other, until everybody is standing and no one except those in the front rank can see. The floor of the front row of seats on the stand should not be less than six feet above the level of the track, so that the view of the spectators can never be obstructed by persons standing or walking in front of the stands. On the outer edge of the path, in front of the grand stand, there should be a single row of seats reserved exclusively for contestants, and officials not actively engaged in the contests then taking place.

The space under the grand stand should be used for dressing-rooms, bath-rooms, closets, etc. It is better to divide it into four or five small rooms than to make one large hall. The dressing-rooms should have a plentiful supply of chairs, tables, and looking-glasses, and the bath-rooms a liberal array of bowls and tubs. Along the side of the hall near the door (V, Fig. 4) should be an office with a stand of small lock-boxes, on the same plan as those used in public bathing establishments, in one of which each contestant may deposit his money and jewelry and take the key. Outside the room, along the side of the hall, should be a rack for the numbers used by the contestants, so that as each one goes out to the path he may obtain his correct number and pin it on his shirt.

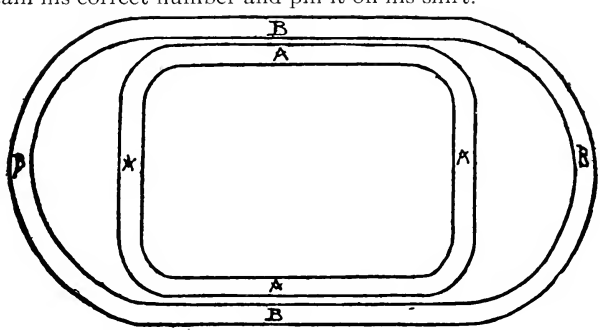


FIG. 3.

AN OLD TIME PLAN OF ATHLETIC TRACK INSIDE A CYCLE TRACK.

J. D. LIGHTBODY, AMERICA, WINNING THE 1500 METER RUN; MacGOUGH, SCOTLAND, SECOND.

Copyright Photo by Bowden Bros., London, England.

In the spaces marked E and F, Fig. 4, club houses can be built whenever the state of the treasury warrants such an outlay. The one in the corner, F, can include parlors, reading-rooms and billiard-rooms, while the one at E can be used as dressing-room, locker-room and bath-room for the club members, as well as residence for the track-master, if desired. Until this house is built one of the dressing-rooms and bath-rooms under the grand stand should be reserved exclusively for club members.

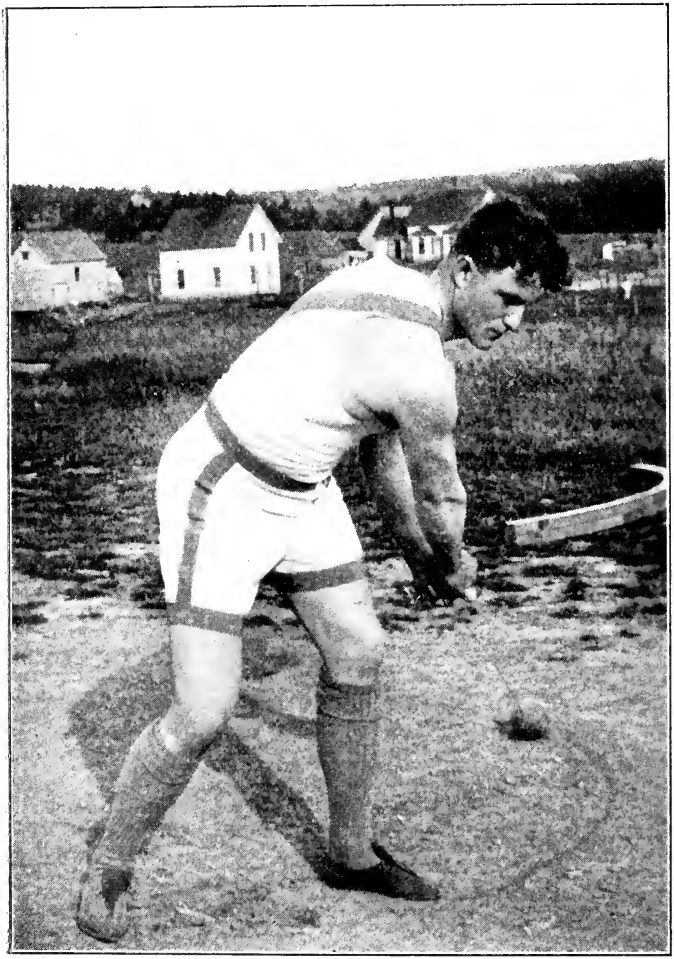
On either side of the path, at places marked H, H, H, H, Fig. 4, rows of free seats can be erected, as many as are found to be necessary.

The position of the baseball diamond, catcher's path and back-stop are clearly shown in Fig. 4, I and O. It may be shifted a little in either direction, if found desirable.

N, N, S, and T, Fig. 4, represents the position of the four goal posts for football. The best way to arrange them is to sink four posts, a foot in diameter and four feet long, two inches below the the surface of the field. These posts have in their upper ends holes a foot deep, into which the goal posts fit. When not in use remove the goal posts, put wooden plugs into the holes and cover up the sunken posts, so as to leave the ground unobstructed.

The inner field may also be readily used for lacrosse, whose goal flags can be taken up and put down without previous preparation. All that portion of the inner field beginning at the upper end of the path, and reaching down toward the base ball diamond as far as is found necessary, may be marked into lawn tennis courts.

The press stand should be one row of seats raised at least six feet above the path, right across the finish line, where the reporters can see everything, ask questions of the officials who are congregated at the finish line, and conveniently obtain all the information for their business. This stand should be carefully guarded, and admittance refused to all persons save actual reporters. If athletic clubs wish their games reported kindly and correctly, they need not furnish to reporters what they do



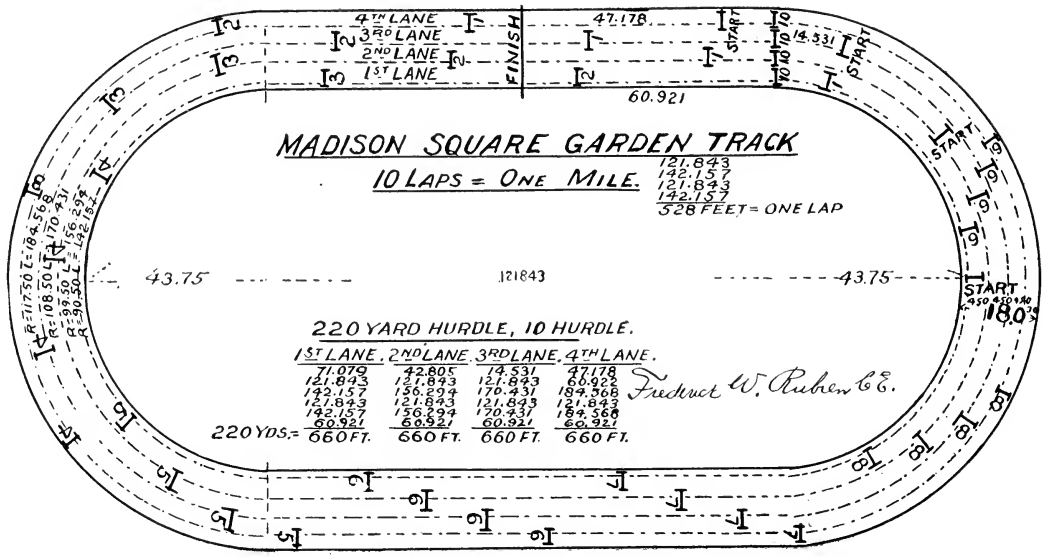
S. P. GILLIES
New York A. C., Junior Champion Hammer Thrower.
Photo by Waldren.

not want,—namely, free lunch, free cigars, free whiskey and free "blarney,"—but should provide instead what they need: namely, elbow room to work comfortably, freedom from annoyance from outsiders, positions where they can see all that is to be seen and hear all that is to be heard, and courteous, prompt, and satisfactory answers to all questions asked of the officials concerning any matters about which they need information.

The turf path for hurdle racing should be laid out about as shown at C, Fig. 4, not less than 16 feet and 140 yards long. When not in use the hurdles are kept outside the path, whose start and finish are marked only by pegs driven down even with the surface of the ground, so that the field is not obstructed except when the hurdles are in use. Of course, if the turf be not good at the indicated place, the hurdle races may be run elsewhere in the field, but the game demands smooth, firm turf, and especial care should be taken to provide such a path.

The American custom is to run and walk with the left side toward the curb, and the finish line of all sprint races should be as shown at B, Fig. 4, near the end of the final straight line, directly in front of the press stand and across the field from the grand stand, and the start and finish of all distance races should be marked at (S). The most convenient positions for the places arranged for jumping and pole-leaping are shown at P, Q, and R, Fig. 4. If the circles for shot, hammer, and 56 pound weight are located about as shown at J, K, and L, Fig. 4, it will be found that their use will not mar the turf of the base ball diamond; that the shot and 56 will fall into the same alighting-ground, thus lessening the injury to the grass, and that the hammer-thrower, let him throw as erratically as he may, will be unable to kill a spectator.

It is, of course, well enough to have the path laid out by a surveyor or civil engineer, but where it is essential to save expense an intelligent committee can do the work satisfactorily. To lay out the path shown in Fig. 4, first mark out by a row of small wooden pegs a straight line down the center of the field from one end to the other. On this line stick two large pegs, 540 feet 1 inch apart, marking the point where it is wished to have



MADISON SQUARE GARDEN. NEW YORK CITY

the extreme points of the end of the path. From these two large pegs measure off 105 feet ½ inch toward the center and mark the points by stakes. Then, with a wire 105 feet 5 inches in length, held at one end against the stakes and having at the other a sharp spike, scratch out on the ground the semi-circular ends; mark them out by rows of small pegs and connect their ends by similar rows of pegs, which will be the straight sides. Then measure carefully around the course thus marked out by pegs, and if it is found a few inches longer or shorter than a quarter mile, adjust some of the end pegs so as to make it exactly correct. Then mark out the line for the curb, 18 inches inside this measurement line, all around the field, and the track is laid out as well as could be done by any engineer.

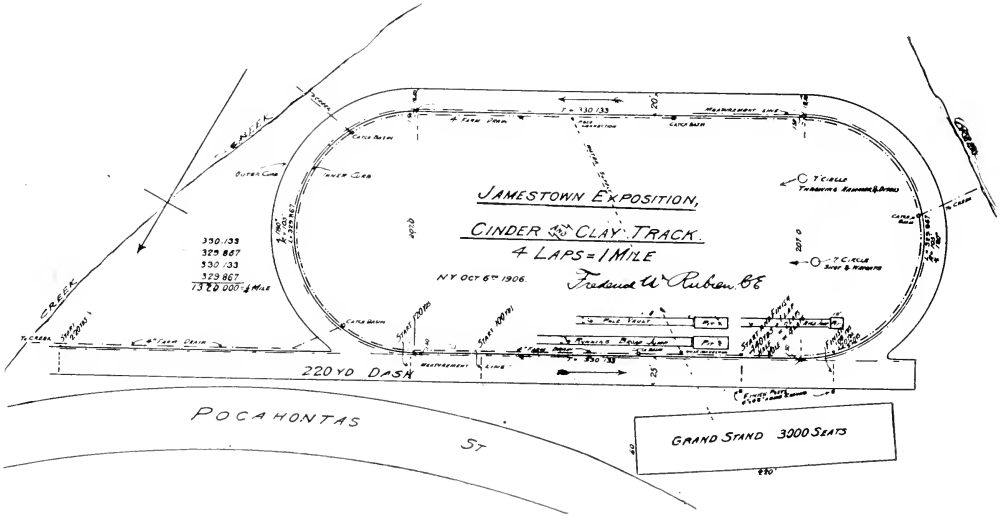
The curb should be of 3x9-inch wood, three inches above the path and six inches under ground, so as to be firm. This should be bent around the curves by sawing slits into its inner edges as frequently as necessary, thus making the line of the curb true and not a succession of straight edges, as is sometimes seen. Holes should be bored through this curb every few feet, just at the surface of the path, so as to allow the water to run through into the inner field, and there should be, just inside of the curb, an open ditch or covered drain to receive the water. The track should have a slope from outside to inside, just enough so that the water will run off freely into the inner field. The lowest part of the path should not be less than three inches above the level of the inner field, so that in wet weather the path will drain freely and promptly.

On the ends the path should be sloped up from the curb, so as to permit draining. On a quarter-mile path, such as is shown in Fig. 4, the slope at the curves should be about one-quarter inch to the foot; so, if the path is fifteen feet wide, the outer edge will be about 4 inches higher than the inner. Where the path is less than a quarter mile in circuit, or is made with four straight sides and four rounded corners, or on an eighth-of-a-mile track, it is only necessary to allow a couple of inches for drainage.

DAN J. KELLY,
Multnomah A.A.C. and University of Oregon. The world's greatest sprinter.
Holder of the world's records of 9 3-5s. for 100 yards, and
21 1-5s. for 220 yards.

HOW TO LAY OUT THE TRACK.

Get the center of the track; from there measure to the start on each end of the plan 60 feet 11⅛ inches, which will give you the full lengths of the straights, 121 feet 10¼ inches. To get the width, on each side of center measure 43 feet 9 inches; that will give you 87 feet 6 inches. To get the half circle exact on each end, put a brad awl or some pointed tool through the loop on end of tape measure, then run tape out to 43 feet 9 inches, and with a piece of chalk mark out a line which will connect with the two straights on both ends of track. After the track is marked out with chalk, a wood curbing can be put down, or a wide, whitewash mark. The wood curbing is preferable, as it prevents any cutting of the corners by competitors. By using one-inch square pine-strips and making them two or three inches high, putting one down at a time and nailing the others on, a quick, good, and inexpensive job can be done. To have the individual lanes as used in the Amateur Athletic Union indoor championships, make your half-circle on thes end, as before, and add 4 feet 6 inches to each lane on your tape; that will give the same width lane to each competitor. Put a good, plain whitewash mark on the three extra lanes, and in the flat races, instead of using strings to rope in each lane, a few small flags around the turns will answer the purpose, and they can be put down and taken up much more quickly than the strings. In the two straightaways it is better to run the strings; that can be done easily by using small screw eyes at the ends to fasten the cords to, and three 15-inch upright pointed wire rods will be found sufficient to raise each of the three lines. To get the exact scratch starting mark of each lane, allow 28 feet 3¼ inches to second, 56 feet 6½ inches to third, and 84 feet 10 inches to fourth lane from the actual inside or curb mark. That makes each lane measured 18 inches from the curb exactly the same—528 feet to the lap, the track measuring 10 laps to a mile. In the 220-yard hurdle event the Madison Square Garden track plan shows very plainly the position of the hurdles for start of event. After the start the following nine changes have to be made quickly during the run-



PLAN OF JAMESTOWN EXPOSITION TRACK

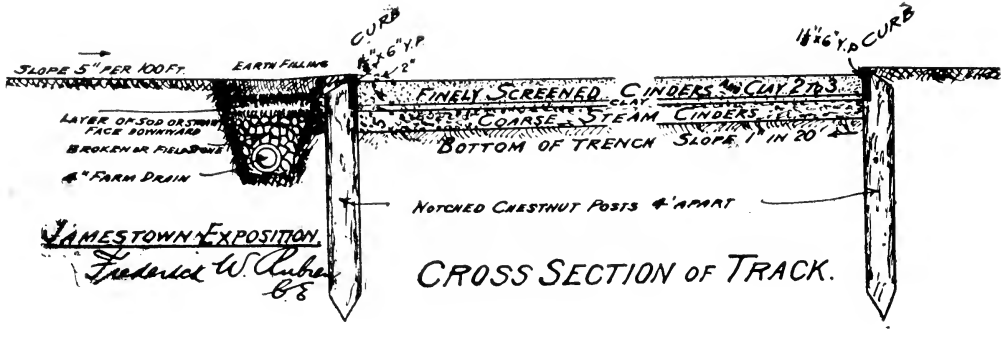
ning of race Put in 9th and take out 1st and 2d hurdle on lane one. Take out 1st hurdle in lanes two and three. Put in the 10th hurdle in each lane; that will give you the ten flights distance between each being 60 feet.

RUNNING TRACK AT JAMESTOWN.

The accompanying plan shows a track of 4 laps to one mile. The straight portion allows of a 220-yard run, and is 25 feet wide; the remaining portion is 20 feet wide. The line of measurement is taken 18 inches outside of inner curb.

The grade of the track should be perfectly level along this line. On the straight portion a slope toward the drain of 1 inch in 20 feet will be the desired grade for drainage. On the curves the outside edge should be banked to a height of about 4 or 5 Inches and gradually slope to the straight portion.

The infield should slope toward the track and have a fall of 5 inches per 100 feet. To drain the track and field dig a trench along the inner edge of the inner curb about 18 inches deep, and lay in it a 4-inch farm drain, and build brick catch-basins about 250 feet apart to take the surface water during and after a rain. Fill this trench with broken or field stone, and cover with sods face downward, or straw, to prevent small stones from choking the drain. Cover these sods with earth to level of field. To construct the track after field is graded dig a trench 10 inches deep and 20 or 25 feet wide, as plans may call for. Carefully roll this surface and have curves banked properly. The surface of this trench to slope 1 inch in 20 feet toward the drains excepting at the curves, where slope will be gradual up to 18 inches and return to 1 inch for the other straightaway. After curbs are laid and inner curb is made perfectly level and top is 2 inches higher than level of finished track, lay a bed of 5 inches of coarse, clean, steam-boiler cinders, and carefully roll with heavy 2-horse roller. When evenly rolled lay a 1-inch bed of clear clay free from stones larger than $\frac{1}{8}$ inch in diameter. Roll as before. In laying final layer of 4 inches of top dressing, great care must be taken to obtain the powdered screenings of steam-boiler ashes, free from stones, slate, clinker or unburnt


CURB
SLOPE 5" PER 100 Ft.
EARTH FILLING
LAYER OF SOD OR STONE FACE DOWNWARD
BROKEN OR FIELD STONE
4" FARM DRAIN
FINELY SCREENED CINDERS & CLAY 2 TO 3
COARSE STEAM CINDERS
BOTTOM OF TRENCH SLOPE 1 IN 20
NOTCHED CHESTNUT POSTS 4' APART
JAMESTOWN EXPOSITION.
Frederick W. Cube C.E.
CROSS SECTION OF TRACK.

CROSS SECTION OF TRACK AT JAMESTOWN EXPOSITION

coal, to be mixed in the proportion of one-half of ashes or cinders to one-half parts of clay, all to be screened through ¼-inch mesh screen. Spread carefully and roll until smooth and of proper hardness. Water connections should be made for the track, as sprinkling is much needed in laying the track and keeping it in good order. The running portion of jumps are prepared in the same way as the track. The pits are dug to a depth of 1 foot, and filled with fine clean sand mixed with clean earth which will not pack easily.

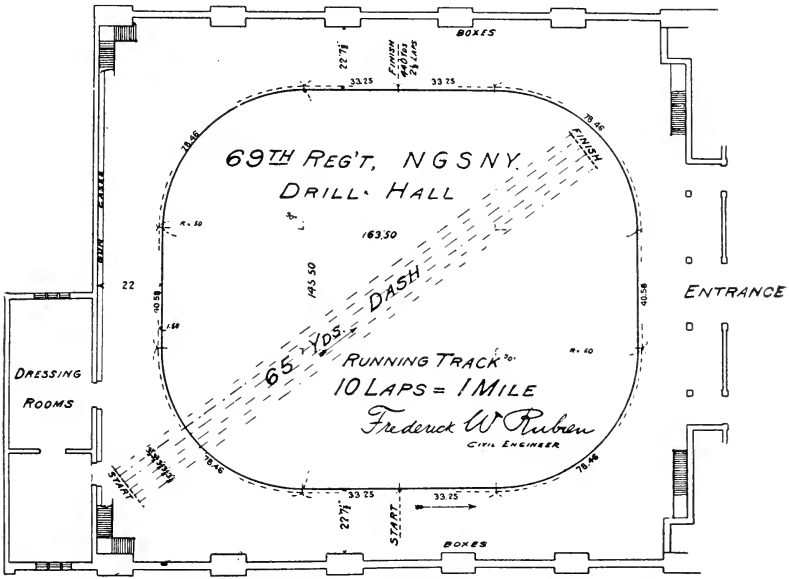
SIXTY-NINTH REGIMENT ARMORY, NEW YORK CITY.

The drill hall in this armory is almost square, and measures 182 feet 10 inches by 202 feet. This space cannot be given up entirely for the purposes of a running track, as a glass guncase 2 feet wide runs the entire length of the westerly side, and four stairways to the gallery are in the corners. Boxes are to be placed along the Twenty-fifth and Twenty-sixth Street sides, further reducing the available space. A well-shaped track of 10 laps to the mile will allow of 20 feet between the curb and the glass guncases, and average about 16½ feet between the curb and the boxes.

A straight dash of 65 yards is provided, allowing 10 yards for a break at the finish. The lanes are 3½ feet wide. The drill floor is of hardwood; and the center of curves, tangent points, starts and finishes, as well as the lanes for the dash, are indicated by the heads of brass screws countersunk in the floor. This will permit of the track and lanes being readily marked out with white chalk and the floor cleaned after the games. Most armories have the inner curb of the track painted on the floor with a white band 2 inches wide. Spiked shoes have damaged the armory floors to such an extent that many are having softwood flooring made in sections, to be used to lay over the regular floor, and to be taken up and stored away when not in use. This flooring is made for spiked shoe running, and gives excellent results.

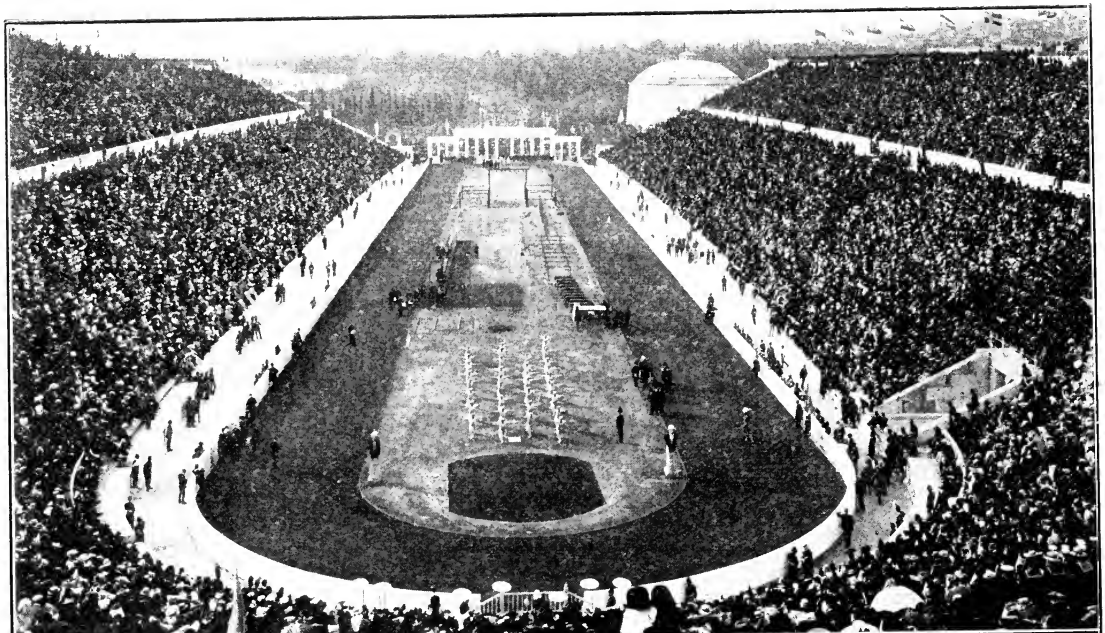
THE FINISH OF THE MARATHON RACE, OLYMPIC GAMES AT ATHENS, 1906.
M. D. Sherring, the Winner of the Classic Event, entering the Stadium, accompanied by Prince George.

A method of placing curbing on board floors is to have a number of detachable curved strips fastened to the floor and used on the curves only. This strip is about 1½ inches high, and prevents an athlete from cutting corners in a race. At some indoor meets, where a sufficient number of inspectors are



SIXTY-NINTH REGIMENT ARMORY, BOARD FLOOR TRACK.

not on duty, very foul running is caused by the runners trying to pass each other on the inside of the curb line. The raised curb has a tendency to produce fairer running. Where a raised curb is missing, ropes supported on posts ought to mark the inner curb.

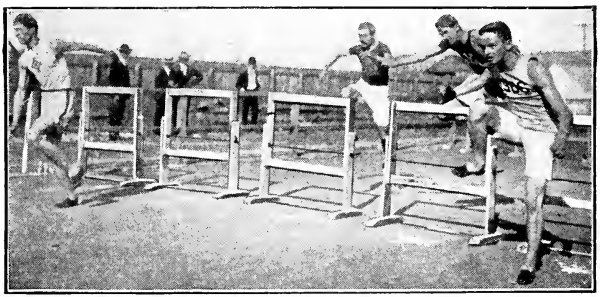


THE OPENING DAY—CONFINED EXCLUSIVELY TO TEAM GYMNASTIC COMPETITIONS.
OLYMPIC GAMES AT ATHENS, 1906.

FIELD EVENTS.

HURDLE RACES.

The championship race—the one most commonly found at first-class meetings—is 120 yards straightaway, over 10 hurdles, each 3 feet 6 inches high. The first hurdle is 15 yards from the starting line, each hurdle being 10 yards from its neighbor, and the tenth hurdle is 15 yards from the finish line. The next race in popularity is 220 yards, over 10 hurdles, each 2 feet 6 inches high, the first hurdle being 20 yards from the starting line, with a space of 20 yards between the hurdles, and 20 yards between the last hurdle and the finish line.

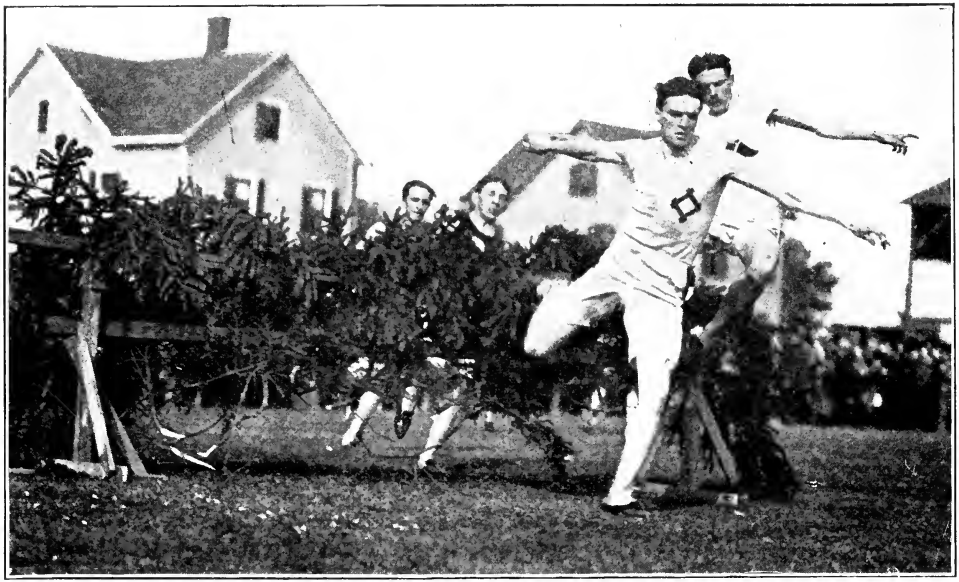


Foster Safety Hurdle at the World's Fair, St. Louis.

The Foster Patent Safety Hurdle is now universally used. This is a combination hurdle, strong and serviceable, is admitted to be the best hurdle for practice purposes, and is easily adjustable to 2 feet 6 inches or 3 feet 6 inches, taking away all the unnecessary delay that one encounters when the old-style hurdle is used. Now and then one sees the old and cumbersome style, but it is not popular.

PUTTING THE SHOT.

The shot is put from a 7-foot circle, the same as those used for the hammer and 56-pound weight, but 2 feet of the cir-



A steeplechase.

cumference of this circle, across its front, must be a toe-board 4 inches in height. This board is shown in Fig. 8. It is a piece of wood (A) 4 inches in height, 2 feet long and about 4 inches thick, hollowed out so as to fit the circumference of the circle. Through this plank (A) pass rods of half-inch iron, B, B, sharpened at the bottom end. When needed for use these pins are driven into the ground until the inside face of the plank is just even with the circumference of the circle, making a firm obstacle, against which the putter can kick his forward toe when he delivers the shot. When not in use this toe-board can be pulled up, and thus the same 7-foot circle can be used for all four games, the shot, discus, hammer, and 56-pound weight, if necessary.

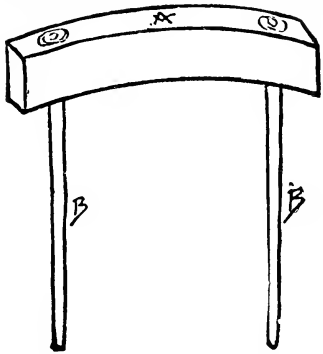


FIG. 8.

RUNNING LONG JUMP.

For this event a place should be prepared, as shown in Fig. 6. A is a smooth cinder or turf path, about 120 feet long, leading up to the take-off, B, which must be a joist 5 inches

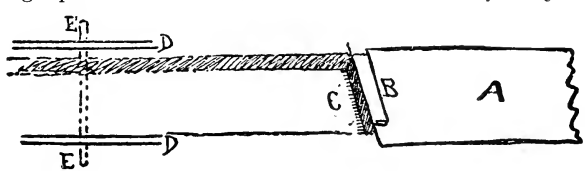


FIG. 6.

wide, let in even with the surface of the ground and firmly fastened in its place, so that the athlete may jump from the ball of his foot placed on this joist. The ground, C, in front

of this joist, toward where the jumper alights, must be dug away not less than three inches deep and six inches in width. From about 16 to 25 feet from the take-off line the ground should be dug up at least a foot deep all stones removed and lumps broken up, so that the jumper may alight fearlessly and clear as much ground as possible with no danger of hurting himself in alighting. This trench of soft earth should be about 5 feet wide, and on each side of it should be laid an inch-plank (D, D, Fig. 6), standing on edge, even with the surface of the field and the upper edge marked off into feet and inches, from the starting line. Then, after each jump, by laying a six-foot lath or rod (E, Fig. 6) directly across the trench, exactly

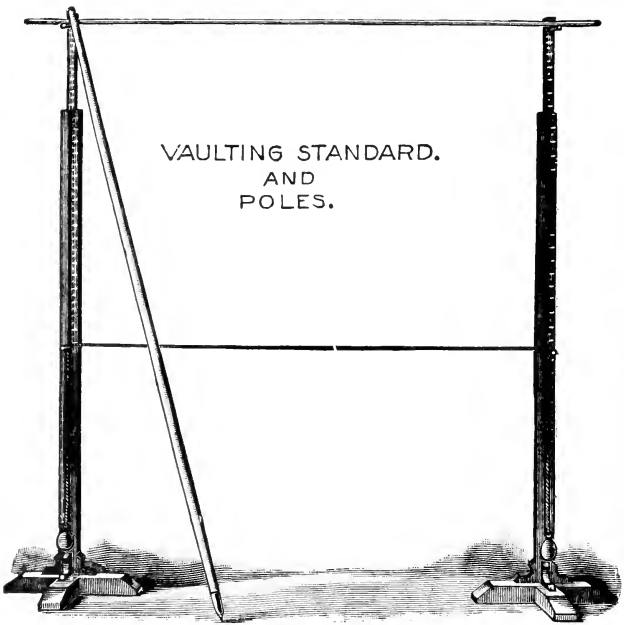


FIG. 10.

where the jumper alighted, the distance can be read on the side planks, and thus save the time and trouble of measuring each jump with a tape line.

RUNNING HIGH JUMP AND POLE-VAULT.

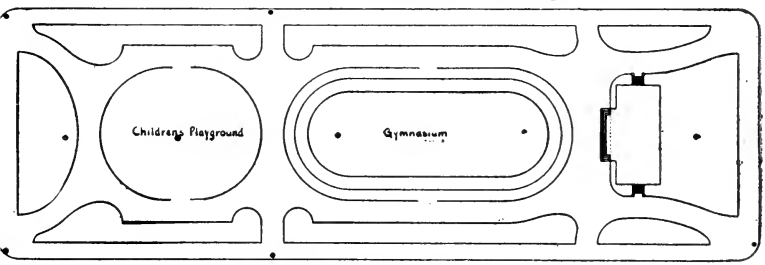
For this event there should be a run-up, the same as for the running long jump, but no starting joist, and the trench of soft earth commences immediately at the starting line, where the poles are placed. It should be 8 feet wide and 10 feet long, so that the various styles of jumpers may have plenty of space to alight in it safely.

The apparatus used for high jumping and pole-vaulting is shown in Illustration No. 10.

Adam Gunn of Buffalo, N. Y., winner of all around championship of the A. A. U., pole vaulting. A good clean vault.

SMALL PUBLIC PARK GYMNASIUMS AND TRACKS

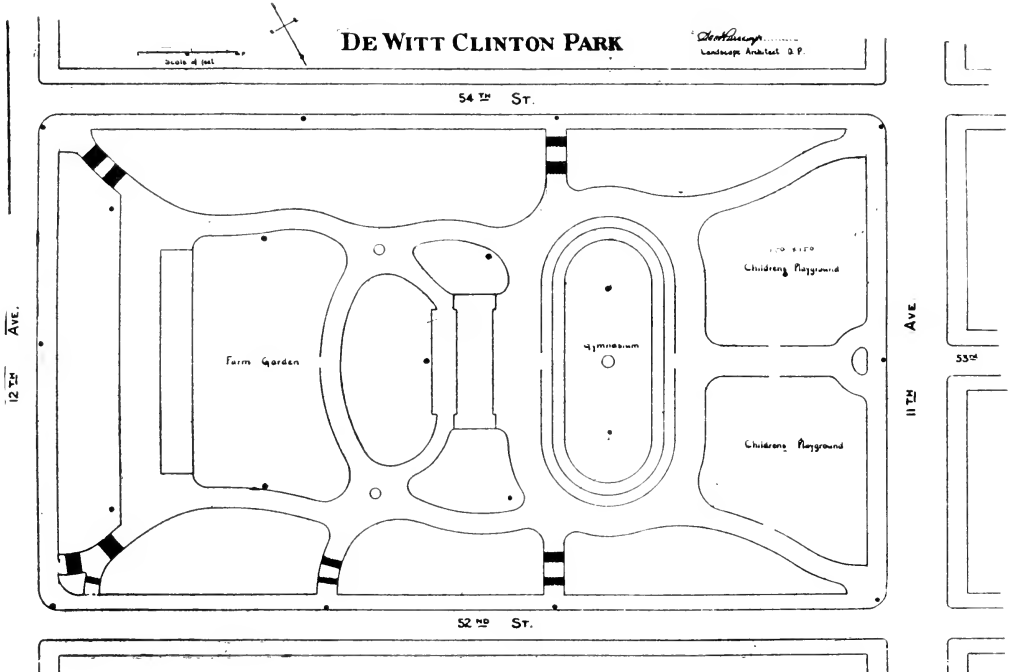
The need of public playgrounds in the most densely populated districts in New York City was agitated for many years, finally resulting in the demolition of a few blocks of tenements in different parts of the city, and converting them into playgrounds containing running tracks, outdoor gymnasiums, children's playgrounds, and, in some of the parks, public baths and swimming pools. One of these blocks taken had been known for many years as "lung block," on account of its record for the number of deaths from tuberculosis. These parks have caused a remarkable improvement in property fronting on them, old



ST. GABRIEL'S PARK, NEW YORK CITY.

buildings being removed and substantial schools, institutions, and other new buildings replacing them. These parks are the Wm. H. Seward Park, having a playground area of 17,450 square feet, a gymnasium area of 19,060 square feet, a running track area of 7,390 square feet, the track being about $8\frac{1}{2}$ laps to a mile; the infield, 100 x 250 feet. The straight portion is 150 feet, and the two curves being half circles with a radius of 50 feet.

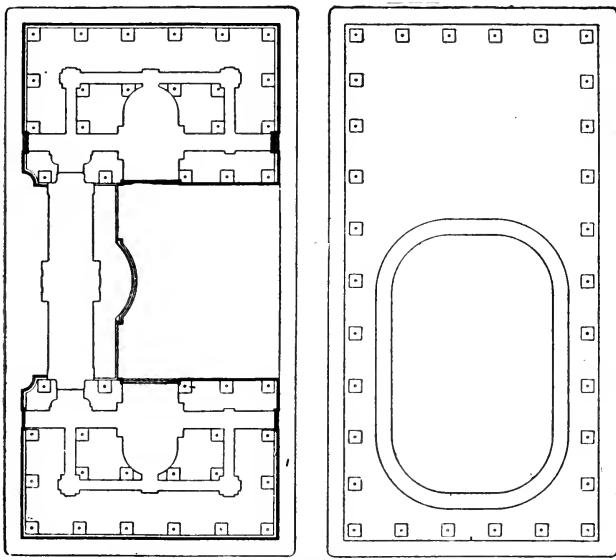
St. Gabriel's Park has a playground area of 14,310 square feet, a gymnasium area of 15,210 square feet, a running track



DE WITT CLINTON PARK, NEW YORK CITY

area of 6,688 square feet and of 10 laps to a mile. The infield is 220 x 80 feet, two curves of a radius of 40 feet and straight portion of 140 feet.

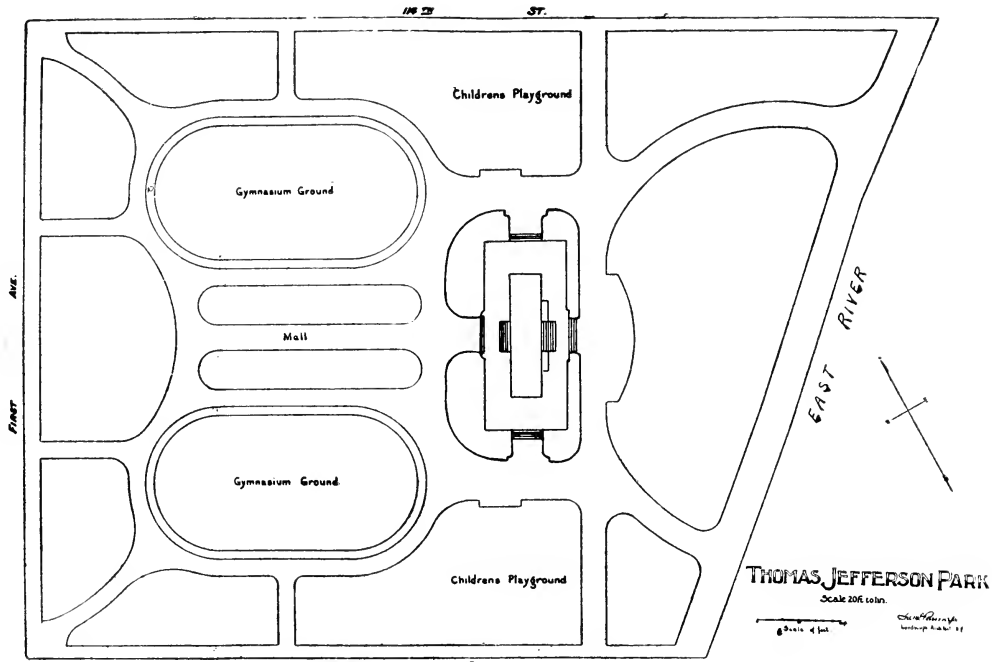
De Witt Clinton Park has two playgrounds, each having an area of 50,340 square feet. The gymnasium area is 19,057 square feet, and the running track area of 7,392 square feet is



HAMILTON FISH PARK, NEW YORK CITY.

a 9-lap track with an infield of 90 x 245 feet, straight portion 155 feet, and two half circles with a radius of 45 feet.

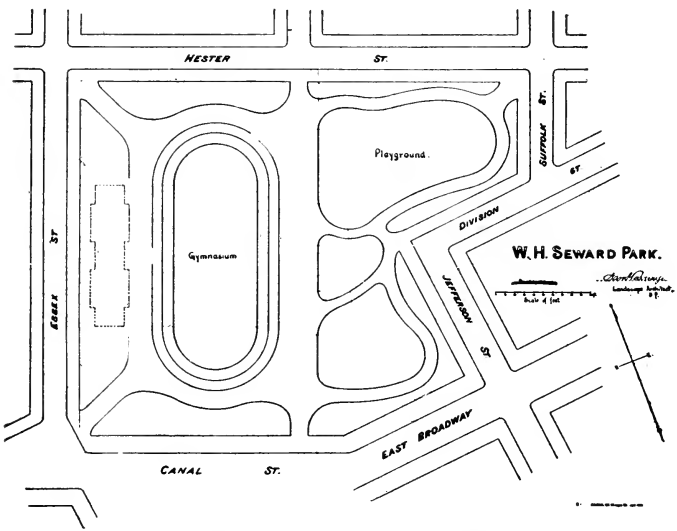
The Thomas Jefferson Park is the largest of these parks, and has two playgrounds, each having an area of 89,694 square feet. The two gymnasiums each have an area of 74,626 square feet, and the two 6½ laps to the mile running tracks each have an area of 17,430 square feet. In this park the boys and girls each have their own track, gymnasium and playgrounds. The



ATHLETIC FIELD, THOMAS JEFFERSON PARK, NEW YORK CITY

infields of the tracks are 160 x 310 feet. The straights are 150 feet, and the two half circles have a radius of 80 feet. Hamilton Fish Park has a track 8½ laps to the mile, the infield being 120 x 200 feet, with four quadrants having a radius of 45 feet and straights of 110 feet.

Tompkins Square Park has a plant similar to the others, the track being small, of about 10 laps to a mile. In constructing



W. H. SEWARD PARK, NEW YORK CITY.

these playgrounds the general excavations are made to a depth of 13 inches below the finished grade. The ground is then properly rolled. Trenches are cut to a depth of 12 inches below this grade, say 1 foot wide, and 3-inch porous tile pipe are laid in such a manner as to properly drain the ground. These tiles are then covered with broken stone to the finished subgrade of the ground in general. An 8-inch foundation of rubblestone is put in place, and the top surface of same is

rough broken with hammers. After this foundation has been properly prepared, a 2-inch layer of broken stone (approximately 1 inch) is spread over it and rolled. A thin coating of clay and about 3 inches of gravel is then spread over the entire area, raked in, watered, and rolled until the surface forms a practically smooth finish. The gravel used is what is known as park standard, fine bridle-road gravel.

The gymnasium ground inside of the running track is constructed in a similar manner.

In constructing the running track the ground is regulated to a depth of 8 inches below finished grade and thoroughly rolled. A layer of 4 inches of clean, sharp sand is spread, and on the top of this the finishing surface, 4 inches of clean, steam cinders, is spread and rolled to its finished grade. The outlines or curbs of the track are defined by bluestone edging 2½ inches.

Around the outer edge of the tracks are high iron fences, to keep the crowds off the track and gymnasium.

These tracks are well adapted to running with heeled shoes, the top dressing being too coarse for spiked shoe running. Crowds of boys use these tracks, and there is very little opportunity for the men to use them.

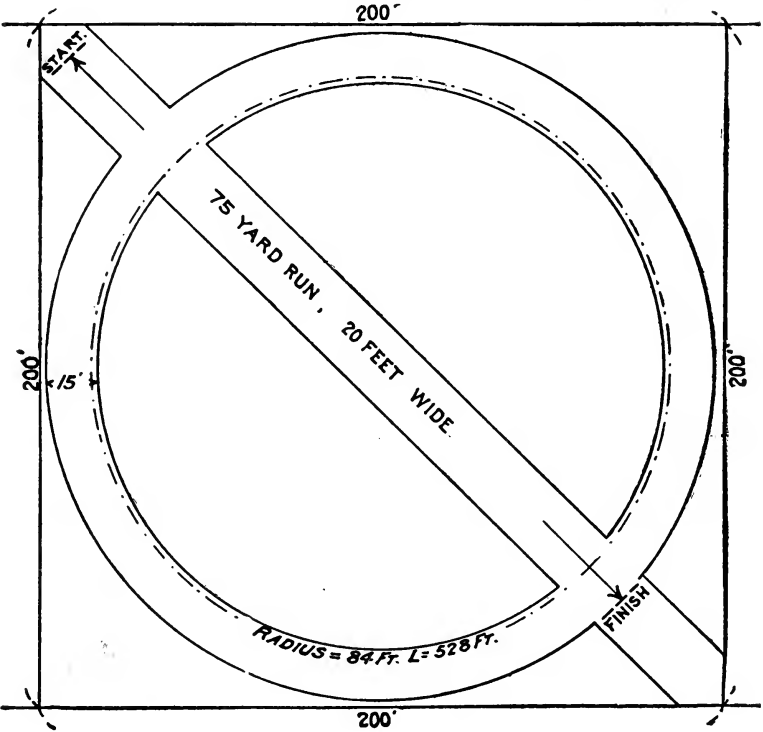
The gymnasiums have galvanized frames about 60 x 40 feet and 16 feet high, to which are attached four inclined ladders of Georgia pine, eight sliding poles, two climbing poles, two climbing ropes, twelve pairs of traveling rings, four pairs of flying rings, four pairs of chest poles, four horizontal ladders, and six vertical ladders, two approach boards, four horizontal bars, two vaulting horses, two vaulting bucks, two parallel bars, two pairs of jump standards, two tether ladders, four pairs outdoor basket ball goals, and six vaulting poles.

The girls' gymnasiums have a similar galvanized iron frame 60 x 40 x 16 feet high, to which are attached six flying rings, a giant stride with attachments for eight ropes, and two balance swings.

PUBLIC SCHOOLS ATHLETIC LEAGUE TRACKS

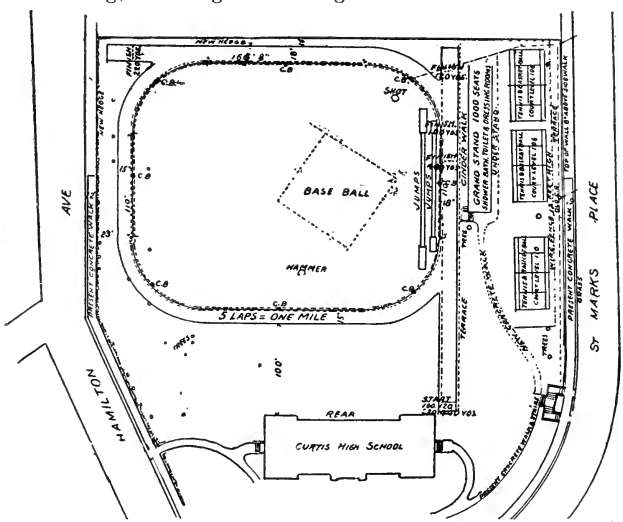
SMALL CIRCULAR TRACKS.

The diagram, showing a circular track on a plot 200 by 200 feet, or equivalent to 16 lots of 25 by 100 feet, was prepared to show what could be done in the way of providing a



"ARRANGING THE RELAYS," AT A PUBLIC SCHOOLS ATHLETIC LEAGUE MEET, NEW YORK

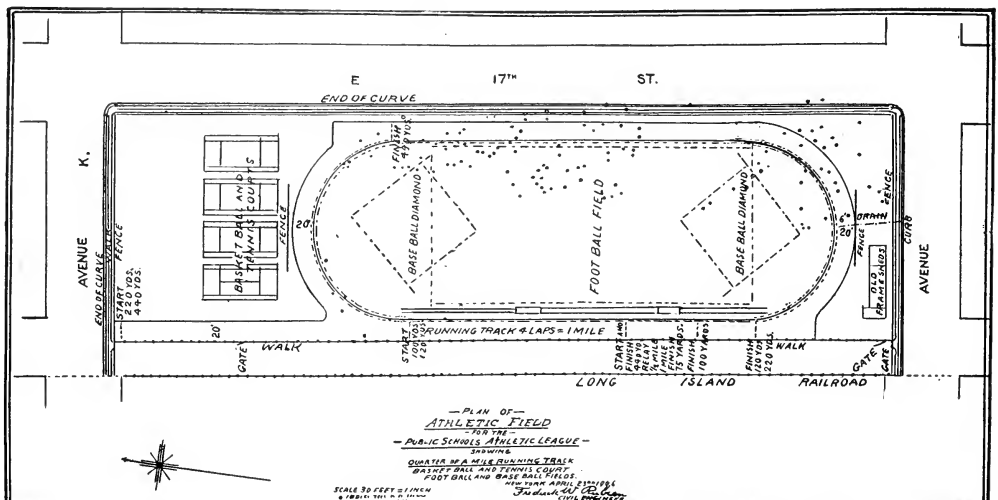
track in a small space adjoining a public school in New York City. The general run of blocks is 200 feet in width, and a 10-lap circular track, 15 feet in width, having a straightaway of 75 yards diagonally across the field, can be readily laid on such a field. The infield can be used for basket ball or tennis, beside the usual field events, such as high and broad jumping, pole-vaulting, and weight throwing.



Plan of Public School Athletic Field, Staten Island, showing one-fifth of a mile running track, basket ball and tennis courts, foot ball and base ball fields.

CURTIS HIGH SCHOOL ATHLETIC FIELD.

This school occupies a commanding view overlooking New York Bay, at Saint George, Staten Island. An additional strip of land was purchased, and provision for new school buildings prevented the track occupying land within 100 feet of the school. The greater part of the field is on a plain that slopes abruptly toward St. Marks Place. On the sloping part of the field a grand stand seating 1,000 is provided, and three terraced



PUBLIC SCHOOL ATHLETIC FIELD, FLATBUSH, BROOKLYN, N. Y.

basket-ball or tennis courts are arranged so as not to interfere with several very old and very large trees.

The track measures 5 laps to a mile, is 15 feet wide and 18 feet wide on the 120-yard dash, and on the curve and straight along the westerly side, making a 220-yard dash 18 feet wide with one-quarter turn. The shape of the field being almost square, the track has the appearance of being a square, with the four corners curved by quarter circles having an 80-foot radius. The sides are 166 feet 8 inches long, and the lengths along the width 110 feet. The curves are not very sharp, and, being quarter circles, the straights between curves are convenient places for runners to pass each other instead of passing on a curve, as on an oval track, or waiting until the long straights are reached. The usual jumping and weight throwing provisions are made, and the infield makes a splendid base ball, foot ball, and lacrosse field.

This seems to be the ideal place for an athletic field, and it would be well, in planning the high schools of the future, to provide for athletic fields in the school yards.

The plans for grading provide for a track elevation of 126 feet above high water. This causes the least amount of grading on two-thirds of the field, and is the elevation of the base of the school building. The field will slope toward the track with a fall of about 5 inches in 100 feet. For a distance of 100 feet along the northerly or St. Marks Place side of the field, a fill running from nothing to 9 feet is necessary, on account of the decided slope the field takes. This is unfortunate, as the 120-yard dash will be on an embankment, which will be terraced.

P. S. A. L. TRACK AT FLATBUSH.

Through the efforts of the Public Schools Athletic League, the city of New York purchased land for athletic fields, upon which are being built running tracks fully equipped for all field events, tennis, or basket-ball courts, and the infield large enough to allow of baseball and foot ball contests.

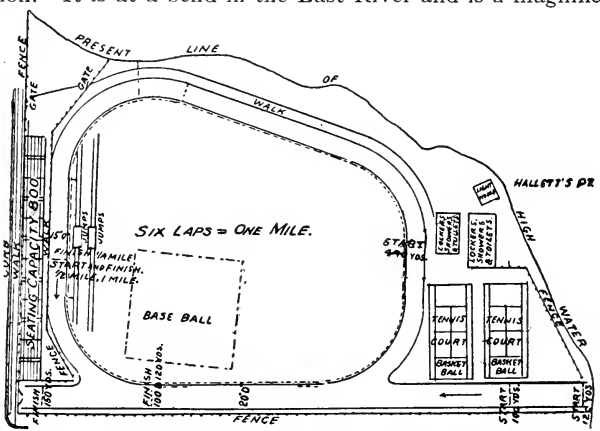
The largest of these fields is at Flatbush, Brooklyn, between Avenues K and L, and between East Sixteenth and East Seventeenth streets.

The block is 200 by 800 feet long, and, through the closing of East Sixteenth Street, an additional strip of 60 feet was added, making the field 260 by 800 feet. This plot adjoins the Brighton Beach and Manhattan Beach railroads, and is also accessible by trolley-cars. It is intended to make this the principal field for all contests, and the quarter-mile oval track upon it is 20 feet wide and has a 220-yard straightaway. The track has two tangents 319.39 feet long and two principal curves of a radius of 92.48 feet, connected with the tangents by four small arcs each 32.55 feet long, of a radius of 400 feet. This prevents the curves from being as sharp as they would be if tangents and semicircles only were used. Nine catch basins and drains are depended upon for surface and subsurface drainage. The infield will have two baseball diamonds, and in the foot ball season a regulation foot-ball field, either for Intercollegiate or Rugby foot ball. It is also large enough for a regulation lacrosse field. In addition to the usual runs and pits for high and broad jumping, pole-vaulting, shot-putting, and hammer throwing, four clay basket-ball and tennis courts are provided. An additional space for four more courts along Avenue K will not be used for the present, as upon it are twenty-two fine chestnut and shade trees. The field will be surrounded by a wire-mesh fence, which will permit of the games being viewed from three surrounding streets. Between the 220-yard dash and the railroad property a grand stand capable of holding 2,500 people will be erected. Underneath the stand will be shower-baths and locker-rooms. The natural condition of this plot was that of a heavily wooded, slightly-sloping field, requiring a wedge-shape cut of 2 feet at the Avenue K end of field sloping to nothing at the center, and a corresponding fill toward Avenue L. After grading, a trench 12 inches deep was dug upon the lines of the track. A 4-inch layer of small, broken stone was laid in the bottom of the trench, and upon it a 4-inch layer of coarse cinders. The top layer is 4 inches of clay and

finely screened cinders. The field slopes toward the track and has a fall of 5 inches per 100 feet.

P. S. A. L. TRACK, LONG ISLAND CITY.

The field at Astoria, Long Island City, is at Hell Gate, East River, and adjoins the rocky ledge in the river which was tunneled and blown up in 1885. The field itself was a low, rocky and marshy plot not much higher than the high-water mark, and has had considerable filling upon it from the tunnel excavation. It is at a bend in the East River and is a magnificent



PUBLIC SCHOOL ATHLETIC FIELD, LONG ISLAND CITY.

site, although only large enough for a six-lap practice track 15 feet wide, and 20 feet wide on the straightaway of 150 yards. The field was filled in to 5 feet above high water, and, beside the usual runs and pits for jumps, will have two tennis or basket-ball courts. A wire-mesh fence surrounds the field, and seating accommodations for 800 are provided. The track is kite-shaped, with short straights and curves that are almost quarter circles of a radius of 70 feet.

The infield is small for foot ball, but base ball games for smaller boys can be played upon it.

HOW TO CONDUCT AN ATHLETIC MEET

The object in publishing this book is to educate those who are not familiar with the management of athletic games or the organization of athletic clubs. Elsewhere will be found a form of constitution and a few points upon just how it will be necessary to proceed in order to interest those in your locality who might become interested in an athletic club. It is not necessary that all the members of your club be athletically inclined. It would be to the organizer's advantage to get the co-operation of the leading citizens and business men of your county, as they, to a certain extent, would add materially to the standing of an athletic club, no matter where situated. There is no reason why athletic games should not be held in your county on certain days, and also at every gathering of importance, such as picnics, county fairs, etc.; and, of course, an athletic track is the first requisite.

After the date has been decided upon and the grounds arranged for, comes the preliminary work in relation to advertising and procuring your entries. For this purpose there must be a Games Committee, one of whose members usually acts as Secretary. This committee must arrange a list of contests, choosing such events as are suitable to their grounds and as their knowledge of the local athletes leads them to think will attract numerous entries. The committee also decides upon the number and value of prizes, the amount of entrance fee, the date of closing the entries, the day and hour for beginning the games, and all preliminary arrangements. The committee should have printed and distributed a sufficient quantity of circulars, containing all information needed by athletes intending to compete. Entrance fees are usually fixed at 50 cents for each man for each event. The time for closing the entries should be fixed from seven

to ten days before the day of the games, so that the Secretary may have time to notify each athlete of the acceptance of his entry and send him his competitor's card of admission to the grounds. This seven or ten days is also necessary to enable the handicapper to do his work, and then to have the programme printed.

The list of events will all depend upon the number of athletes you have and the number of athletes expected. As your games will naturally be given under the rules of the A. A. U., all competitors must be registered amateurs. It will be necessary to have the entry blank as adopted by the Registration Committee (see following page) on the back of all circulars and announcements. These circulars, which are generally 8½x11 inches in size, should be sent to all clubs, factories, schools, colleges, Y. M. C. A.'s, etc., in your county, with the object of creating an interest in the affair.

On other pages will be found illustrations of all apparatus necessary to use in conducting an athletic meeting. They can be secured from A. G. Spalding & Bros., New York and Chicago.

There should be an ordinary amount of advertising done, and circulars should be distributed announcing the features. Posters should be displayed, and if it is possible to get enough money subscribed from public-spirited citizens in your county to pay the expense of the meeting, which need not necessarily be very much, invitations should be sent broadcast, the idea being to popularize the sport. The first meeting should necessarily be an invitation affair, so as to let the public see just what an athletic meeting is like, when properly conducted.

After the entries are received from the prominent athletes the programme should be made up with the names of each contestant properly printed, with the school, college, or club he represents mentioned; also his registration number, competitor's number and handicap, providing it is a handicap event. The competitor's number is the number worn by each contestant. This can be of paper and must be worn conspicuously and correspond with his competitor's number mentioned in the programme.

Application for Registration in the . . . . . Association of the Amateur Athletic Union of the United States.

Registration Committee of the ..... Association of the Amateur Athletic Union:

Gentlemen:—Enclosed please find Twenty-five Cents in payment of the Registration Fee in accordance with the Laws of the ..... Association.

In making this application I certify that I am an amateur and eligible to compete under the rules of the Amateur Athletic Union; that I have never competed for money, taught or assisted in teaching athletics, gymnastics or any other form of athletics for money. I have never played on a team in any sport with a professional as a member of such team. I have never competed under an assumed name. I have never represented a club of which I was not a member. And, furthermore, I certify that I have read the conditions of competition of the Amateur Athletic Union of the United States, and I am, therefore, eligible to receive a card entitling me to compete as an amateur.

THE APPLICANT MUST ANSWER THE FOLLOWING QUESTIONS:

Of what Club are you a member?.....
Have you ever played Basket Ball? .....
If so, on what teams?.....
What kind of a Basket Ball team or teams did you play with?.....
(disqualified, registered, unregistered or professional)
Scholastic, Collegiate, etc.?.....
While playing on this team or teams, did you ever play with or against a disqualified amateur or a professional player?.....
Have you played Foot Ball, and if so, with what teams?.....
Did you play with or against professional Foot Ball players or disqualified athletes? .....
Have you ever played Base Ball on any team or teams?.....
If so, name the team or teams?.....
Were the players on these teams professional or disqualified athletes?.....
Did you play on enclosed grounds where gate money was charged?.....
Did you ever play on a team which was a member of any League?.....
If so, state the name of the League?.....
Have you ever Boxed, Wrestled or Fenced?.....
If so, state the number of times, where and with whom?.....
Have you ever taken part in any other sports under a name other than your own? .....
Have you ever taken part in Ice Skating matches, Hockey matches, Roller Skating races, or in any other games on roller skates or ice skates?....
If so, state when and where and in what kind of games?.....
Have you ever taken part in Swimming races?.....
If so, when and where?.....
Have you ever received, directly or indirectly, payment for services rendered in any capacity in connection with an athletic club, play ground, settlement, bath, public track, skating rink, or any other organization devoted in whole or in part to any form of athletic exercise, either indoor or outdoor? .....
Have you ever competed or given an exhibition in any kind of sport? If so, what and where and what kind of prize or reward did you receive?....

I certify that I have truthfully answered all of the above questions, and it is understood that should I receive a registration card, it will be on the basis of the above answers, and accepted by me with the distinct understanding that the Registration Committee can at any time cancel it.

Write your name here.

Name .....
Street or box.....
City or Town.....
State .....
Club .....
Approved (leave blank).....

The above application MUST be endorsed by Secretary of applicant's Club, or if not a member of Club, by three citizens.

.....
.....
.....
.....

Registration No. .....

To facilitate correct filing of this application please PRINT your name, also, in capital letters, on above line, in addition to your signature.

As far as publicity is concerned, you should go to the newspapers, in your town and the county, and give them all the news you possibly can about the meeting. Tell them who is going to compete, their records, and all the data you can that would interest the public. You should have a press committee to write articles about the meeting and keep the public posted about just what is going on.

With the preliminary arrangements out of the way, the hardest part of the work is at hand. The entry blanks must be distributed at the various athletic clubs and colleges and entries solicited. In these days of close rivalry it is important, if the meet is to be a success, that prominent record holders and the stars of the college athletic world appear. The wire pulling and other features indulged in to secure these much desired sensation creators is only known to those in the inner circles of athleticdom and would fill columns if recited. After the entry of the cracks has been secured, it is in order to announce the fact to the public. To this end advertisements in the newspapers, cards, and dodgers are freely used, and by the night of the contests the followers of the sport are fully aware of all that is to transpire, and occasionally that which is not. While those in charge of this end of the games are busily engaged, the entries are in the hands of the official handicapper, who is supposed to place the entrants in the various handicap contests on marks which will equalize their respective athletic abilities. On receipt of these handicaps the programme is printed and bound, and should contain, in addition to the advertisements, without which no programme would be considered complete, a list of the events, the entrants with their entry and registration numbers, the officers of the games and details of the length of the track.

The management of the games should be in charge of a certain official, as set forth in the General Athletic Rules. It is desirable to invite, as officials, men who have had some experience in athletics, if possible. Then men should be selected who have read the athletic rules, and who are fairly intelligent enough to conduct the meeting according to the letter of the

TRACK AND FIELD JUNIOR CHAMPIONSHIPS

OF THE

Metropolitan Association

AMATEUR ATHLETIC UNION

Under the Auspices of the **Pastime Athletic Club**

—AT—

PASTIME OVAL, 90th St. and Ave. A

...On SATURDAY, AUGUST 25th, 1906...

BEGINNING AT 2 P. M. SHARP

The following events are open to all Registered Athletes whose Club is now a member of the Metropolita Association of the A. A. U., and who has not won a Metropolitan or other District Championship, a Junior o Senior National Championship or other Championship as laid down in the rules of the Amateur Athletic Union

TRACK	FIELD
100 Yards Run	Putting 16-lb. Shot
220 Yards Run	Throwing 16-lb. Hammer
440 Yards Run	Throwing the Discus
880 Yards Run	Throwing 56-lb. Weigh
One Mile Run	Running High Jump
Three Mile Run	Running Broad Jump
120 Yards High Hurdles	Pole Vault
220 Yards Low Hurdles	

Entries close POSITIVELY August 6th, 1906, with the Championship Committee, care o JAMES E. SULLIVAN, 21 Warren Street, P. O. Box 611, New York City.

Entry Fee, Fifty Cents for each event, which must accompany the entry blank. No entry received unles the blank is properly filled out, registration number given and signed by the entrant. The right to reject an entry is reserved.

The Metropolitan Championship Die Medal awarded to winners. Gold to first, Silver to second, an Bronze to third in each event.

To reach the grounds: Elevated R. R. Station, 89th Street and Third Avenue, and 92d Street and Secon Avenue; 86th Street Crosstown Line, connecting with all surface roads, pass the the entrance.

CHAMPIONSHIP COMMITTEE

H. OBERTUBBESSING, Chairman

JOHN T. DOOLING FRANK PEABODY

JOHN A. SCHOFIELD

SAMPLE FORM OF A CIRCULAR ANNOUNCING EVENTS

The Entry Blank (see opposite page) is printed on the back. The size is usually 8½ x 11 inches.

....No Entry will be Received Excepting upon this Form....

OFFICIAL ENTRY BLANK AMATEUR ATHLETIC UNION OF THE U. S.

.....189....

Please enter me for the following events, for which I enclose the sum of..... dollars and.....cents in full for entry fee:

1..... 4.....

2..... 5.....

3..... 6.....

Each Competitor must fill out the following, and in signing same he certifies that he is a registered amateur according to the laws of the A. A. U. of the United States. Great care should be used in filling in events, time, etc., as an error will be considered as intended to mislead the Handicapper, and such entry will be rejected. The right to reject any entry is reserved.

I CERTIFY THAT MY LAST THREE PERFORMANCES WERE AS FOLLOWS:

Event.	Date.	Name of Games.	Scratch Man.	Start Received.	Place Won.	Time, Height or Distance.	Name of Winner.

MY BEST PERFORMANCE FOR EVENTS ENTERED IN ABOVE ARE AS FOLLOWS:

1.....

2.....

3.....

4.....

5.....

6.....

Signature.....

Address.....

Club .....

Registration No......

law A great mistake will be made in selecting men who are really not competent and have little knowledge of the rules. Of course, to a small club making a start, it will be important to select good men.

The prizes may consist of any of the articles designated in the A. A U. handbook, and need not be expensive. The prizes could be obtained from local dealers or from the large houses making a specialty of such goods.

Of course, in some sections it will be possible to secure appropriations from the county and State to further amateur athletic sports. This matter should be given careful consideration by the representatives of the A. A U.; and it is a common practice in some rural towns to procure the necessary money by subscription. A list taken among the prominent citizens will surely be filled in a short while.

The most important work for the committee at this time is to have the track fenced off and the entrances properly guarded to prevent none but competitors and officials from entering the enclosure, and to see that competitors leave as soon as the race is completed. Neglect of this important work the committee are responsible for, has often marred otherwise successful meetings. The officials of the games cannot keep the enclosure clear, and the Games Committee must provide for it.

The time for the games having arrived, the contestants are called to the track by the clerks of the course, wearing competitors' numbers on their backs, sent away by the starter, and judged in the order in which they complete the runs by the judges at the finish. Here is where many differences of opinion arise. In a close finish there is sometimes a diversity of opinion as to who won, which man ran second, and so forth. In many cases grave injustice is done, owing to the mistakes of the judges at the finish, and it behooves those in charge to select these officers with great care. In the center of the circular course the field events are held, in conjunction with the track races, and in some cases meets resemble a three-ring circus, owing to the many contests going on at one time.

SELECTION OF EVENTS.

In selecting the events for your games, try to give a variety—at least one sprint run, a distance run, one hurdle race, one weight event and a jumping contest.

Novice races should be given by a newly organized club, particularly when the ability of the different athletes is not very well known. By giving novice races, which are, of course, scratch races, the committee, in doing the handicapping for subsequent handicap meetings, will be able to get a line on the contestants and handicap them intelligently. The handicapping is something that will eventually cause a considerable amount of dissatisfaction, as it always does. In handicapping races the idea is to make the finish as close as possible. The rule of the handicapper should be to make each and every race a dead heat, if possible. For instance, in your first race, if Charles Jones wins a novice race quite easily by 80 yards from John Blank, and John Doe is 40 yards behind him, the next handicap should be John Doe, 120 yards, John Blank, 80 yards, and Charles Jones, scratch. The same would apply to sprint races. The work would consist in picking out the marks for the different men. The weight events should be handicapped by feet and inches, and so should the jumps; and the same general plan should be followed out as to who should be the scratch man in the competitions.

Another very interesting way of encouraging your men, after you have given enough novice races to allot handicaps, is to have closed or time races, which were popular some years ago in America. For instance, give a half-mile run for those who were never beaten in two minutes and twenty seconds, a mile run for those never beaten in five minutes. In this way a man who might be handicapped out of a race is given a chance to win occasionally.

In handicapping, much of the trouble to the handicapper is caused by athletes not filling out their entry blanks intelligently. If an athlete would put his best performance on the blank, the mark he started from and how he finished, the handicapper could do very good work without much trouble.

This blank should be filled out conscientiously. The handicappers throughout the country should report to the member of the Registration Committee of the district any attempt to deceive them, for certainly a few examples should be made of the men who go around and endeavor to mislead the handicapper by false statements as to performances on the blank, or neglect to put on their best performances.

In addition to what has already been written in reference to handicapping, it may be well to state that when an athlete enters he is required to fill out an entry blank for the information of the handicapper. In time events he is required to give his last three best performances, stating in each case the time of the race. In the weight events the athlete is required to give his last three best performances, giving the distance in each case that the event was won by; therefore it will be necessary for the handicapper to arbitrarily adopt the following table for timing events: In running races up to and including 220 yards, allow 10 yards for a second; races over 220 yards, and up to and including 440 yards, allow 8 yards to a second; in races over 440 yards, up to and including one mile, allow 6 yards to a second. In races over one mile the handicapper will use his own judgment. In the weight events the handicapper will be governed by the actual last three performances. Of course, it is a well-known rule in handicapping that a novice entry in a competitive event, unless there is some good reason to the contrary, be given at least one half the limit. The handicapper would, of course, penalize an athlete for a win and for a place. This, of course, would be a matter in which he would use his judgment.

In order to bring out the talent that exists in your club, club games should be given at least once a week. Club games always tend to increase the athletic interest among the members. It will not be necessary to give prizes for each set of club games given. Three prizes can be given to the athletes scoring the greatest number of points during the year, on the basis of 5 for firsts, 2 for seconds and 1 for thirds. In this way the boys will take an interest in the doings of the club. They

will keep on training and exercising, and nothing helps a man more than competition. The old saying among certain clubs—that there is not enough competitions in their territory—shows there is a lack of interest and not the right man at the helm, for when ten or fifteen men congregate at one club there certainly should be enough interest taken in the ten or fifteen men to have competition for them, which could be arranged at no great expense. As a sample of how club competitions are beneficial the case of the Pastime Athletic Club, of New York, may be cited as an example, where as many as one hundred entries have been received for its weekly competitions.

After the organization of an athletic club is perfected it is essential that you ally yourselves with one of the associations of the A. A. U. This gives you prestige, and if you should at any time give open games, your sister clubs are sure to help you. By "open" games is meant that all registered amateur athletes are eligible for entry.

Attached herewith will be found the different associations of the A. A. U., the districts they cover and the secretaries of each of the associations. To join one of these associations all that is necessary is to proceed according to the following By-Law of the A. A. U.:

ARTICLE IV.

MEMBERSHIP IN THE ASSOCIATION

Any organization eligible under the Constitution of the Union and of this Association desiring to become a member of the Association, shall make application in writing to the Secretary-Treasurer declaring:

(*a*) Its name, location, the number of its members and the names of its officers.

(*b*) Date of its organization and its purposes.

(*c*) That it will, if elected a member of the Association, abide by the Constitution, By-Laws and Rules of the Union and Association, and will respect, abide by and enforce all decisions of the Union and Board of Managers of this Association and the decisions of the Registration Committee of the Union.

It shall transmit at same time the dues required by the Constitution of this Association, and a copy of its Constitution and By-Laws. Such application shall be immediately referred by the Secretary-Treasurer to the proper Committee to investigate and report.

REGISTRATION.

By reading the rules over carefully, the organizer of an athletic club will readily understand that in order to compete as an amateur an athlete must be registered. Attached herewith is the form of registration blank, which must be filled out and forwarded by each athlete to the member of the Registration Committee having charge of the respective districts. Captain John J. Dixon, 21 Warren street, New York, is Chairman of the A. A. U. Registration Committee. The different districts of the Amateur Athletic Union are as follows:

NEW ENGLAND ASSOCIATION—Consisting of Maine, New Hampshire, Vermont, Massachusetts and Rhode Island.

METROPOLITAN ASSOCIATION—Consisting of New York State, New Jersey (north of Trenton) and Connectict.

MIDDDLE ATLANTIC ASSOCIATION—Consisting of New Jersey (south of Trenton), Delaware and Pennsylvania.

SOUTH ATLANTIC ASSOCIATION—Consisting of Maryland, Virginia, West Virginia, District of Columbia, North Carolina and South Carolina.

WESTERN ASSOCIATION—Consisting of Missouri, Nebraska, North Dakota, South Dakota, Arkansas, Kentucky, Kansas, Indian Territory and Oklahoma.

CENTRAL ASSOCIATION—Consisting of Ohio, Illinois, Indiana, Michigan, Wisconsin, Iowa and Minnesota.

PACIFIC ASSOCIATION—Consisting of California, Arizona and Nevada.

SOUTHERN ASSOCIATION—Consisting of Tennessee, Florida, Alabama, Georgia, Louisiana and Texas.

PACIFIC NORTHWEST ASSOCIATION—Consisting of Idaho, Montana, Oregon, Washington and Alaska.

ROCKY MOUNTAIN ASSOCIATION—Consisting of Utah, Wyoming, Colorado and New Mexico.

After the formation of your athletic club, if it is found that you cannot procure training quarters for your men—that is, any place suitable for continual training—an exciting form of exercise to indulge in, and one that is harmless, is that of hare and hounds. It is a simple way of obtaining pleasant outdoor exercise. Select two of your runners to act as hares,

furnish them with bags to fling over the shoulder and to contain paper cut in as small pieces as possible. The paper is to be distributed by the hares over the trail. Give them, say, five minutes' start on the pack of hounds. The hares will take any course they desire across country, always leaving an intelligent trail. The hounds follow, the idea being to overtake them before they get home. The start and finish is usually made at the same place. They make a circuit of the surrounding country and return to the starting place, usually some hotel or club house. After the boys go through this exercise several times the distance can be increased.

INDOOR GAMES

How Big Midwinter Athletic Meets Are Arranged and Held.

The average spectator who attends indoor athletic meets at the armories and Madison Square Garden seldom has an idea of the labor involved in planning and carrying out the various details connected with such a set of games. For a period of from one to three months before the night of the contests the promoters have their hands full preparing for the meet, and the success or failure of the games depends on how well they lay their plans. Probably the first decision to be arrived at after the date and place for holding the meet is decided upon is the list of events that will comprise the programme. It must be carefully borne in mind what events are most likely to appeal to the followers of athletics and which ones can be held in the building selected for the exhibition. Straightaway sprint races, always popular with spectators at indoor games, must be gauged according to the floor and space available.

The general plan outlined previously for the conduct of an athletic meeting will of course apply to an indoor meet, with such modifications as the structural features of the building may render necessary. In some of the larger armories it is possible to arrange for a 100-yards dash; but, as a rule, 50 or 60 yards is the longest distance available, for it is necessary to allow at least 10 yards for a slow-up at the finish. This feature was overlooked at a meet several years ago, and several sprinters were more or less bruised by running at almost full speed into a brick wall three yards beyond the finish line. There are also several field events, such as throwing the 16-pound hammer, the 56-pound shot, and the discus throw, that it is impossible to hold indoors, owing to the lack of space.

As a rule, the events that make up the average indoor athletic programme consist of a straightaway dash from 50 to 70 yards, 220, 440, and 880-yard runs, one, two, and possibly a three-mile run on a circular track, with one or more hurdle races over a similar course. Occasionally bicycle races are added, but these are not particularly popular with the riders, as the flat flooring at the turns makes the event more or less dangerous to the contestants. A number of bad injuries have been received by riders in such races, and several years ago one entrant was killed as a result of a crash following a slip at the turn. Having decided upon the list of events, it is next in order to secure a sanction for the games from the Amateur Athletic Union of the United States, which controls amateur athletics in this country. With the sanction granted, the next step is the printing of entry blanks and the preparing of the prizes that go to the winners in each event. In past years it was the custom to give gold medals to the first man and silver and bronze to the second and third, respectively. Within the past few seasons more taste has been displayed in the selection of trophies, and at present pieces of statuary, gold watches, diamond rings, placques, and other novelties of value have the call over the old-time medal. An innovation was introduced in this connection on New Year's Eve, December 31, 1904, at the Pastime A. C. games, when every contestant, regardless of the place in which he finished, received a souvenir medal.

While, with the exception of the quality of the entries, all indoor games are more or less alike, the accommodations for the comfort of the spectators vary greatly. In some cases powerful-voiced announcers give the numbers of the event and men in each event, the time or distance and features of the contests. At other times the spectators are left to find out for themselves as best they may the results. While the announcer is a necessary adjunct to every properly conducted set of athletic games, there is need of a suitable score board at big meets on which can be shown the winners, times, distances, and other details which the average followers of the sport desire to know.

Armory meets are very popular, and are almost always fol-

lowed by dancing. The games can hardly be successful unless completed in two and a half hours. Large numbers of competitors crowd the floor, and when the race in which they compete is finished, they linger to see the balance of the program, and often become unmanageable, obstructing the view of the spectators. To prevent this it is necessary to expedite matters by allowing on the floor only those called for a race, and by clearing the floor after each race, and only allowing officials and those who are in actual competition to remain on the floor. If possible, no seats for spectators should be on the drill floor. The galleries usually can accommodate the crowd, and when spectators are allowed on the floor the track must be roped or fenced off to prevent them from crossing the track and interfering with the games.

METHOD OF ANNOUNCING RESULTS OF EVENTS AT THE WORLD'S FAIR AT ST. LOUIS, 1904

BY JOHN C. MEYERS.—IN "FORCE," ST. LOUIS.

In running off the athletic events on the World's Fair Stadium, Mr. James E. Sullivan, Chief of the Department of Physical Culture, intends to make the meets interesting to even the most uninitiated from an audience point of view, and all his energies are directed toward keeping the spectators informed of developments while athletic events are in progress, instead of waiting until the events are concluded.

He has originated several interesting contrivances and adapted other novel methods to bring this about during the meets on the Stadium.

For instance, while the running broad jump is in progress, spectators will not be compelled to wait until the event is finished to know the winner and the length of his jump. Near the jumping arena will be a small revolving bulletin board. As each contestant takes his position his number will be displayed on the board. The spectators seeing his number can learn his name by consulting the programme. When he jumps the board will immediately record the length of his jump. Not only will the persons in the grand stand, but those in all parts of the field will be enabled to make note, as the board will be revolved, so that all in the Stadium may see. In this way each spectator will be able to keep track of the event, and will know the winner and the length of his jump before the official announcement is posted on the main bulletin board or proclaimed by the official announcer.

To enlighten the spectators in regard to the progress of the high jump and the pole vault events, Mr. Sullivan arranged on

the sides of the stands over which the bar is stretched in the high jump a sliding box. In this box will fit a placard bearing the number "5" when the bar is at the height of five feet. In this way those in a distant part of the grounds will know for what mark the contestants are striving. As the event progresses placards will be displayed, reading "Over 5 feet." If six feet is reached the placards will again be changed.

In the pole vault a similar plan will be followed. Of course, the numbers will be higher, "10," "11" and possibly "12." In case a twelve is displayed the spectators will know that a world's record is being tried for, without waiting any official announcer or bulletin board to tell them so.

For the weight and hammer-throwing events, the scheme of marking a football field will be adapted. Semi-circular lines five feet distant will be drawn about the field in which the hammer will be thrown, the thrower's circle, of course, being the center. At both of each semicircle will be a sign with a number indicating the number of yards the weight has gone that drops on that line. By means of these signs the spectators can judge the distance just as they can on the gridiron. The circular lines will be in whitewash.

In the running events it will not be possible to carry out the same idea, but nevertheless there will be innovations introduced in them by Mr. Sullivan in the interest of the spectators.

One will be the running of the 100 and 220-yard dashes on the side of the field farthest from the grandstand.

By having the events run on the opposite side, it gives the grandstand occupants a perfect view of the start, the contest, and the finish he holds. Incidentally it permits the spectators who are standing in the seatless portions of the grounds to enjoy a close glimpse of the runners as they flash by.

In the Exposition Stadium the grandstand is on the south side, extending almost the entire length of the field. The field is 683 feet long and the stands 650 feet. The Stadium is 345 feet wide, but the occupants of the seats can see across it without the aid of glasses of any kind. In the distance runs, however, the finish will be in front of the grand stands.

Mr. Sullivan will employ a revolving bulletin board to announce the results of the races. This board, in repose, will be on the north side of the field and will face the stands. After the results have been posted there for a minute or so, it will be wheeled about, first to the right and then to the left, that spectators in all parts of the arena may copy the summaries.

There will be no crowding about the finish in the Stadium contests. There will be no wrangling and interference on the part of outsiders. The "butter-in" for once will be effectually repressed. The judges will have an elevated stand, as racing jurists enjoy, and will make their decisions as the competitors pass below them. A box will be reserved in the grandstand for the judges, which they will occupy during the events which finish on that side of the Stadium.

Still other novelties of a practical kind are installed at the Stadium. Among them will be stones to mark the location of the hurdles in the hurdle races and the starting places on the straightaway and the circular course.

In past meets, particularly those extending over more than one day, trouble has been occasioned by the changing of the position of the hurdles. Careful track managers have frequently found it advisable to measure the distance between the hurdles before each hurdle event. With stones buried in the sod to mark the location, Mr. Sullivan's office-boy may go out on a moment's notice and get the hurdles in perfect position.

On each of the stones to mark the starting points their object is engraved. For instance, "Start 100 yards" is cut in and painted black on stone.

The innovations are largely Mr. Sullivan's personal productions, and he is expecting that they will enhance popular interest in the Stadium games.

The Stadium will accommodate 25,000 spectators, the grandstands nearly 10,000 of them.

THE STARTER

The starter in an athletic race is an important official. It depends upon him to a great extent whether the race will be truly run. A man to be a good starter must necessarily have a knowledge of athletics. If he has been a runner, so much the better. He must be firm and of course absolutely honest—that goes without saying. Owing to the fact that athletic games have been held in and around New York City for over a quarter of a century, the best starters naturally come from that section of the country, but there is no reason why each section and each association should not have its own starter.

Taking for granted that the starter understands something about athletics, after the clerk of the course has checked the men up and turned them over to the starter, he should then proceed in the following manner: "Now, boys, take your marks," when each contestant will walk up to the particular mark allotted to him; then he continues, "Get set"; that is the warning for the athletes to be prepared for the report of the pistol; when the men are on their marks it is not good judgment to hold them too long, nor is it good judgment to bang the pistol the moment he tells them "Get set." He has to be cool enough to see that the men are in proper position before he fires his pistol. A fair start is one in which all the contestants leave the mark together. I have watched starters at some very important games in New York City and some of them are careless. At some meets the official starters make it their business to talk to each of the contestants; the starters want to make speeches; that is not necessary. Time and again I have watched starters in big meets and their work has been simply deplorable. There is always a whitewashed line to indicate the starting point of every race. A man's fingers, if he uses the crouching start, should be back of that line or right on the line, not an inch or

half an inch over the line; if he uses the standing start, then his feet must be back of the line or on the line, not over it. If any of the contestants should start before the crack of the pistol, the starter must bring them back. I have watched officials at many important intercollegiate and scholastic meets, and the starters are negligent; they don't want to put the men back; they don't think it is fair. This is not for them to decide. The law states that the contestant that breaks must be put back. One who is interested in athletics, who has been a competitor and understands athletics and is firm and intelligent, would make a good starter, and we have very few men in America who could be considered good starters.

"TIMING"

By CHAS. J. DIEGES

Timing is recognized throughout the athletic world as an all-important factor in to-day's field of sports. At the finish of any athletic event, whether schoolboy racing or the automobile's breakneck speed over its course, when the goal is reached and suspense broken the first sentence from the breathless onlookers is, "What's the time?" Then it is up to the man behind the watch. I have often wondered how the athletes of ancient Greece were timed in their contests. To the best of my knowledge, the timing of races could not have been in vogue at that time, unless they used the sun-dial or the hour-glass.

From a practical experience of nearly twenty years, my idea on timing is that the only way to gain right results is to have a good timepiece, properly regulated, with the undivided attention as well as accuracy and alertness of the holder of the watch.

The stop or timing chronometer was invented about seventy-five years ago, and was originally used to time horse-racing. The fine stop-watch of the twentieth century is a wonderful piece of mechanism, being a very delicately constructed piece of workmanship, which needs to be operated with the greatest of care. It is advisable for one officiating as a timer quite often to have an extra watch at his command. For my own use I have two watches, one being of American and the other of Swiss construction. It seems to me that a finely constructed watch is almost human, and gets used to the handling of one person, and for this reason it has always been my policy never to loan my watch to any one, for I have found in a number of instances when, having been loaned, they were injured or abused in some way. The price of a fine timepiece of this variety

ranges from $25 to $1,000, depending entirely upon the construction and maker.

To time properly, hold the watch in either hand, using the forefinger for pressing the pushpiece. Next important is to watch the starter's gun, which should be, and generally is, raised above his head. The flash of the gun, not the report, must be taken at all times. In sprints, and in all other races, the timer must stand right on the line and watch the tape. A timer who stands two or three feet either side of the line cannot get the correct time. Stand on a direct line with the tape, and as the man strikes it get your time. If there is no tape, watch the whitewash line on the path. When the gun is fired and you have caught the flash, watch the competitors coming along, and when they are within about ten yards of the tape turn your entire attention to the tape. If these instructions, which require a little practice at first, are closely followed, you can feel confident you have caught the correct idea of timing.

Give your time as you read it from your watch. It is a great mistake for beginners to wait to hear the announcement from other timers, as the most natural impulse would then be to agree, instead of giving the time they may have on their own watches. In all cases, as I have said before, read your watch as it stands, and then so give it.

Signal for the finish of a race is generally to breast the tape, or the moment the foot crosses the line; in automobile and bicycling the front wheel is generally taken. In rowing regattas the judges are generally stationed on the shore with a flag. When the flag is raised, it denotes the finish of one crew; lowering of the flag, the finish of the second crew; and raising of the flag again, the finish of the third crew. In this case the timer generally "splits" on his watch, which means the watch must have double timing hands, operated by means of a small knob which stops one hand while the other hand continues on until by the pushpiece, thereby catching first and second winners.

There must be three watches; the middle time, or the time of two out of three, is generally taken. Where there are five watches, the time of three out of five must be official—two are

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substitute times. Take, for instance, at the 5-second point: if the hand of your watch be a shade to the right of the 5-second point, and not quite touch the 1-5, it would be necessary to call it 5 1-5 seconds; and, in the same manner, if it be between and a trifle to the right of 5 3-5 seconds, instead of calling it 5 3-5 it would be called the slower time, 5 4-5 seconds; where the hand is right direct on the line, or 1-5-second mark, it is most natural to call that time.

Besides using the stop-watch in this way, we have the electric timing apparatus, which is generally used at automobile racing, and has been used at athletic meetings. With this system a wire is generally stretched at the starting and finishing points, about half an inch from the ground. The instant the racing machine strikes this wire a contact is formed, the wire being connected with the apparatus on a specially constructed stand, where there are from three to six watches; this same contact starts the watches automatically. This also applies to the watches that are stationed at the finish, where the same conditions prevail as at the start, when the watches are checked and stopped, thus giving at once the time of both the beginning and ending of the race. There is also an attachment used with the starting of the watches which shoots off a gun at both stations, and this acts as a signal for the spectators, as well as for the extra men present to time by hand. This system has been principally used for straight racing at Florida at the celebrated Ormond-Daytona Beach track, where the speed has been at the rate of two miles per minute and faster. The path of this track is on the edge of the ocean, and is leveled by the incoming and receding of the surf, making it an ideal racing path at low tide.

The electric system of timing, however, has not been found practicable as yet for use at track meets, but there is no doubt that in time some inventive genius will perfect an apparatus which, by its automatic construction, will be adapted for use where the time is required for speed.

At the celebrated Vanderbilt race, inasmuch as the entire race practically depended upon the time (and it is surprising

to note how closely some of those racing machines are gauged to run like one another), the electric apparatus was not used, but a corps of twelve experienced timers were selected, six of whom were placed at the start, and the others stationed at five, ten, fifteen, twenty and twenty-five mile posts, with telephone connections, these stations being used in cases of break-down or delay, so the time between these points could be easily estimated. The machines were started at one-minute intervals, the distance being ten laps, constituting nearly 300 miles. Outside of the timing, it is interesting to know that months of work are required in the preparations for arrangements of a race of this character. It has been estimated that the construction of the track and other necessary arrangements have cost up to $100,000. During the elementary trials and finals, the entire space encircling this path was alive with people coming from all parts of the country, the races being witnessed by 250,000 spectators.

It has been my experience several times at automobile racing, where strong electric currents or batteries were used, to have my watch become magnetized, and had it not been for the close attention of the rest of the official timers the race would have certainly been a failure on account of not catching the time, and it would probably have been necessary to have the same run over again. So it is most important to know your associates with whom you are about to act, for, as in the above case, had they not been on the alert, and assisted me when the race was started, it would have been impossible for me to have gotten the time at all.

At the present time organizations have been formed, such as the Chronograph Club of Boston and the New York Timers' Club, where men who are not experienced can receive proper instructions, and are tested, so that if it were necessary to take the records of any important race there would be no doubt in the mind of any one as to the accuracy of the time. These clubs will also in time have all the paraphernalia, such as an electric timing apparatus and testing arrangements, as well as several official watchmakers of high grade.

Another celebrated race brought to my mind was the "mile a minute," paced by a railroad train, when Charlie Murphy, well known a number of years ago as a "speed cyclist," attempted to ride a mile in a minute. The arrangements for this event, I may say, were most interesting, inasmuch as a special railroad track of about three miles had to be constructed, with a boarded track laid in between the railroad ties, which had to be so exact and smooth that it required a force of nearly six hundred men, working twenty-fours steadily, to construct it. This boarded track had to be smoothed over by hand-planers after being laid, so as to avoid the possibility of the least chance of a splinter, which might have cost this athlete's life by the tearing of his tires when going at this terrific rate of speed. The train was composed of a locomotive and one car, in the rear of which was constructed a hood to hold the judges, and under which also rode Murphy. In the car were representatives of the press and five experienced holders of the watch. Five large flags were placed at the side of the track; red flags denoting the start, the half-mile and the mile finish, and green flags denoting one-quarter and three-quarter mile. All watches were started alike. Three timers were instructed to "split" on the half-mile, one on the quarter, and the other on the three-quarter mile, and all to stop their watches at the finish. Two watches reported 57 3-5 seconds, two reported 58 seconds, and one 57 4-5 seconds; 57 4-5 seconds being the middle time, it was selected. This happened to be the time my watch reported, and constituted the world's record for an event of this kind. The referee of this contest was Mr. James E. Sullivan, now president of the Amateur Athletic Union of the United States.

For foot ball, basket ball, water polo, and other sports of like nature, a stipulated time for playing is agreed upon, for the timing of which there is now a specially constructed watch, where, in cases of injury, arguments, or delay of any kind, the time is deducted by stopping the watch and starting it again when play is resumed, in order to enable the contestants to play the actual time agreed upon.

An instance comes to our mind of our "English cousins"

questioning the accuracy of the American timers. When our celebrated American athlete, the late Lon E. Myers, went to England to compete in the championships there, they attributed his good performances in America to incompetent timing; but after competing in their championships, and romping away with a number of races, beating their best men, they had more confidence in the American timers.

Athletics in England are managed a great deal like horse-racing, which permits betting. When Myers arrived at his headquarters he was watched day and night by the book-makers, which was observed by himself and his friends. I understand they were even watched through the cracks of the fence to get information as to how fast he could run. One of the bystanders watching Myers come out of the dressing-room, wanted to know whether he could "really run so fast." Myers remarked he "did not know, but would try," and that he "was just going out for a trot to warm up." He started, and, without his knowledge, was secretly timed, and when he ran his quarter it recorded one-fifth of a second within the world's record. The Britishers were astonished, and remarked, "If he calls that a trot, what will 'e do hin a race?" And when he really did compete he established new records. Since that time our friends from across the sea have taken our timing as authentic, there never having been further doubt as to the American athletes' performances.

I also wish to state that the timing is an important matter in military service. For instance, to get the velocity of bullets, in which cases there are generally screens placed certain distances apart, when a bullet strikes through the screen it forms a contact as in automobile racing, and either starts or stops tne watch. At large gun practice in coast defenses the time is generally taken from the flash of the gun, and stopped when the shot strikes the water. Timing is also used for taking the number of steps per minute in military marching. In fact, I am continually being informed of new usages for the stop-watch, it being used in surgical and other scientific work where it would be an impossibility to get along without it.

On the importance of accurate timing, I wish to cite an instance of injustice that occurred in the case of incompetent and inexperienced timers. Several years ago a schoolboy ran 100 yards, and of my two associates one had the time as 9 4-5 seconds, the other 10 seconds, while my watch showed 10 3-5 seconds; but with all the argument as to the unfairness of this performance, I could not convince these two men that it certainly would be a great injury to this young man in future competitions, especially where it would be an impossibility, under existing conditions in which this race was run, it being a well-known fact that until that time there had been but three or four men in the world who had run 100 yards in 10 seconds. There is now, however, a record on the books of 9 3-5 seconds for that distance, which has been made by Dan Kelly, a Western athlete, in 1906.

In closing, I desire to call your attention to the importance of being conscientious; whether right or wrong, give your time as your watch records it. If you should have an accident with your watch, and the time of the race is important, refuse under any conditions to act, which course on your part would add to, rather than lessen, your reputation.

NOTES FOR THE ATHLETE

PROTESTS.—If you have any appeals or protests to make they should be made to the referee. Always remember that the latter's decision should not be questioned and that you must not become abusive. Such conduct will surely bring you trouble, and may be the cause of your being suspended.

The referee alone has the power to change the order of events. The referee has the power to disqualify a competitor for jostling or impeding the progress of another runner, it is immaterial whether done intentionally or through carelessness.

In the final heat the referee has the right to disqualify any one who interferes with the other runners, and if he so desires he can order a race between the other competitors.

There should be at least four inspectors. They are assistants to the referee. They have no power to make decisions, but can report to the referee any case of deliberate fouling, and the referee can act as he sees fit.

The judges at the finish decide the winner, second, third and fourth men, and so on. There is no appeal from their decision. There is also no appeal from the decision of the field judges.

The most important official at an athletic meeting is the starter, and in America we have several competent ones, but need a great many more. It requires years of practice in all kinds of competitions to make a starter expert. It will be necessary, of course, in localities where it is impossible to get an expert starter for a man to make himself a starter. In sprint races it is customary in and about New York City, especially at the intercollegiate meeting, as well as other large meetings, for the starter to proceed on this plan: The four starters in the 100-yard race are placed on their marks by the clerk of the course. The starter orders the men to take their marks. When the men are at their marks he says, in

an authoritative tone, "Get set." Then, after holding the men a reasonable time on the marks, and when they are all steady, so that no one has an advantage over another, he fires his pistol. The clever starter is one that will hold the men at their marks, sending them all away at once as one man, so that no one can have an advantage. Any kind of a pistol will answer for the purposes of the starter, and it is customary to use blank cartridges. A starter must hold the pistol in the air so that the timekeepers can see the flash.

The judge of walking will give each contestant who is walking unfairly three cautions. If he walks unfairly in the last 220 yards he can be disqualified.

The success of a meeting depends, to a great extent, upon the ability of the clerk of the course. He should be energetic, firm, and a bit dictatorial. He should have assistants. He should assign one assistant to the field events and one to the track events, the duty of the assistant clerk of the course being to announce in the dressing-rooms the event to be started. When the contestants come on the field, if it is a handicap event, they should at once take their given handicaps, which are usually marked with whitewash or printed on papers and tacked to the border of the track. Each competitor will know by a glance at the programme how much start he has received, and he then goes back and finds the mark. The clerk of the course goes around and sees that each contestant is on his mark. He then blows his whistle to the starter, as an indication that the men are all right. In scratch races the same rule applies. The clerk should be quick and energetic in placing the men and not argue with them as to what position they have on the track or where they should start from. He should invariably have, before one event is started, the next event called and the men within hailing distance of the starting point.

The clerk of the course will be saved a great deal of trouble if the contestants, before they go on the track, procure a programme and ascertain their number. They should then get their numbers and pin them on, for the reason that contestants are not allowed to start in races unless they are properly num-

bered. It is the duty of the clerk of the course to see that each contestant is properly numbered and attired.

It is very important in selecting field judges, that you have one or two men who are expert enough to act intelligently. In putting the shot and throwing the hammer, if the contestant steps outside the circle when making a delivery, it constitutes a foul; also stepping out of the front half of the circle constitutes a foul. The measurement in a weight-putting event is from the first break in the earth made by the sphere to the inner edge of the iron or wooden circle. In measuring a broad jump you measure from the nearest break in the earth made by the contestant's heel to the toe-board, but, in making the attempt, should the jumper fall back, you measure from where his body or hand touched the ground nearest to the toe-board.

Protest against a competitor or competitors can be made to the games committee or to the referee during the meeting.

The finish of a race is when any part of the winner's body, except his hands or arms, shall reach the finish line. The tape stretched across between the finish posts is not the finish line, it is merely placed there to guide the judges in arriving at a decision. The finish line is a whitewash mark drawn across the course at right angles to the sides of the track. When two athletes run a dead heat in a track event they cannot toss. They must compete again.

In handicap jumping contests, when there is a tie, the competitor receiving the least allowance wins. In case a tie occurs in a scratch contest, three additional trials at each height will be given, and the bar lowered until one shall clear it. In case of a second tie, the contestant wins who clears the bar with the least number of trials.

The order of events in the scratch events shall follow the printed programme. In handicap field events the man with the greatest allowance makes the first trial and the scratch man the last.

The field judges shall decide at what height a jump shall commence. Each contestant receives three trials at each height.

A foul jump in the running broad jump is when the contest-

ant oversteps the joist and makes a mark on the ground in front of it, or runs over the line without jumping. The latter is what constitutes a foul without result.

The club giving the games shall furnish poles in the pole-vaulting contest. An athlete can furnish his private pole, however, and no contestant shall be allowed to use it.

The matter of timekeeping is of very great importance. The rule is to time with one-fifth-second watches, and the timekeeper must be a man who has a quick eye and a quick movement, for the simple reason that the very moment he notices the smoke of the pistol he starts his watch, and when the runner reaches the tape he must stop the watch instantly, for then he has completed his journey, and any loss of time in stopping the watch will be a disadvantage to the runner. Novice timers must be particular to start their watches from the smoke instead of from the sound of the pistol, for obvious reasons. In the case of time-allowance handicaps, the timekeeper must make up a table and start the limit man first and the other men according to their respective allowances; for example, in the mile walk A receives 50 seconds; B, 40 seconds; C, 30 seconds; and D is on scratch. A is started and given 10 seconds on B; B gets 10 seconds on C, and C gets 30 seconds on D; the watch then showing 50 seconds, which the limit man gets on D.

No record performance will be allowed unless timed by at least three official timekeepers, and no record will be accepted unless made in open competition.

A man loses his novice-standing the minute he wins a prize, and he cannot compete in any other novice race; it is immaterial when the entries closed. In other words, if a man enters in a novice race at a set of games, and the first event should be a 60-yard run handicap, and he finishes second and wins a prize, he cannot compete in a subsequent novice race.

It is necessary for the Games Committee to look after all the appurtenances of the meeting.

No professional contest or exhibition shall be allowed at any games held under the auspices of the A. A. U., except that

regularly employed instructors may take part in exhibitions with their pupils.

A contestant should be properly attired, and it is the duty of the clerk of the course to see that this rule is obeyed.

An open event is an event that is open to more than one club, school, college or organization.

It is too bad that some plan cannot be perfected whereby the public would be given a chance to witness the athletic games without being interfered with by a lot of unnecessary officials and unruly contestants. Several of the best athletic meetings held in New York City recently have been ruined by officials and contestants, whose only object seemed to be to obstruct the view of the spectators, and the time is not far distant when, if conditions do not change, the Amateur Athletic Union will be forced to pass a law limiting the number of officials that can be on the field. The directors of athletic games should station a man at all points where it is possible to gain entrance to the inner field, and refuse to let anyone in who has not a right to enter. The marshal should be one of the most important officials at athletic games, and some plan should be arranged whereby the contestants, after their event is over, should immediately leave the infield and not obstruct the view of the spectators.

SUGGESTIONS FOR OFFICIALS

The following letter, sent by Referee J. E. Sullivan, to officials of the Intercollegiate A.A.A.A. meeting, held at the Harvard Stadium, May 31-June 1, 1907, applies so equally well to the conduct of all athletic meetings that it has been reproduced herewith.

TO OFFICIALS

INTERCOLLEGIATE A.A.A.A. MEETING, MAY 31-JUNE 1, 1907.

Dear Sir:

The annual track and field championship meeting of the Intercollegiate Association of Amateur Athletes of America is to be held, as you know, in the Harvard Stadium, Cambridge, Mass., on Friday, May 31, and Saturday, June 1, 1907, and as you have been selected to officiate on both of these days your co-operation with the Executive Committee and the Referee to make this meeting a perfect field meeting, from a managerial standpoint, is earnestly requested. This can be accomplished if all work together with a recognized plan and, therefore, at the request of President John J. Rowe, of the Intercollegiate A.A.A.A., and Gustavus T. Kirby, Chairman Advisory Committee, the Referee has set forth certain points and interpretations in relation to the various events that are not fully explained in the Handbook. Most of these instructions are thoroughly familiar to the officials selected, but to make them complete as possible every point that could be foreseen has been included.

The officials have been selected for their respective positions because the Executive Committee believes they are the best men qualified to fill the same, but nevertheless, it is expected that any official selected will willingly fill some other position, or positions, should circumstances warrant the change.

The games commence promptly at 2 P. M. each day, with the heats of the 100 yards run, trials of the shot, high and broad jumps and pole vault. There will be more or less delay on Friday in arranging the heats, which will be done by the Referee. There will also be some delay in getting the field events under way on Friday, owing to the large number of entries, and therefore it is good judgment for all the officials to be on the grounds at 1:45 o'clock. They will receive their badges from an officer of the Intercollegiate Association, or some one designated by the Executive Committee, and it is especially requested that the officials refrain from asking for badges for their friends, who no doubt would like to help out, as it is the desire of the Executive Committee to keep the field clear this year of all but the actual competitors and officials that have been selected.

The Field Judges, upon their arrival in the Stadium, will find a Fairbanks standard scales and a measuring board. They will at once weigh each implement for the field events and measure the hammer. Each implement (if correct) should be marked with a stripe of white paint and immediately after the measuring and weighing the groundsman must remove from the field all implements not so marked. This weighing and measuring must be repeated on Saturday, prior to the games. The Field Judges must also be careful to measure the hammers after they have been thrown a few times, for a case is on record where the hammer handle stretched several inches. This is one thing the measurers should watch for and be very careful about.

On Friday the Field Judges will give to each contestant three trials, the best five to go in the finals on Saturday. Great care must be exercised by the officials in watching out for fouls. The shot is put from a wooden, iron or whitewashed circle, 7 feet in diameter. It is a foul put when a part of the contestant's foot goes on the circle. He is allowed seven feet, and the seven feet is measured from the inside of the circle, not from the outside. Frequently, in shot putting, the contestant will try to take up all the space he can. Many put their right foot on the circle. It should not be allowed and is a foul put

if they do. Some shot putters will go to the toe board, not hit the toe board, but go to the side of the toe board, landing on the whitewashed mark or on the steel ring. That put is foul. Be careful in watching to bear in mind that a man can go to the toe board and leave the print of the spikes of his shoes against the toe board, but if he goes on top of the board it is a foul put. A whitewashed line should be marked through the 7-foot circle, showing the front half and the rear half of the circle. Touching the ground forward of the front half of the circle before the put is measured is a foul. That means walking out the front half of the circle before the put is measured. It means if a man loses his balance and touches the ground in front of the circle it is a foul put, and if a competitor, in putting the shot, has one foot on the top of the toe board it is a foul put. He can go to the toe board and touch it for a brace, but he cannot put his foot on top of it. He must also remember that if he touches the ground outside of the circle with any portion of his body while the shot is in his hands it is a foul.

THROWING THE HAMMER.

Be sure that the head and handle is not more than four feet and that it does not weigh less than sixteen pounds. It is also a good thing to have some tacks and strips of lead handy; in case shot and hammer are light weight they can be brought up to the proper weight. These hammers and shots, when so weighted, must be carefully watched to see that the weight so added does not come off. The hammer is thrown from a 7-foot circle and the contestant must not put his foot on the circle. He must start inside of the circle. If a contestant starts to swing the hammer and lets it go, it is considered a throw and it is a foul; if he starts to swing himself and does not let the hammer go out of his hands, but steps outside of the circle or on the circle, it is a foul. If, in making an attempt, the hammer breaks, he is allowed another trial; that has been an established rule—although not in the handbook it has been passed upon by the Executive Committee. This does not mean if the hammer

breaks when it lands. It means if the hammer breaks in his hands, while making the attempt. The head has been known to snap off in this way. A line must be whitewashed through the center of the circle, showing the front and the rear half of the circle. This has not been done in the past and has left too much to the imagination of the officials. If a contestant walks out or falls out the front half before his put is measured it is a foul. Always bear in mind that the circle is 7 feet in diameter, measured from the inside of the circle, not from the outside, and if a contestant steps on the circle it is a foul.

THE FIELD JUDGES ON THE BROAD JUMP.

The Field Judges will commence the competition promptly at 2 P. M. on Friday. Each man will be allowed three trials and the best five will go in the finals on Saturday, the best four having three additional trials. The Field Judges must see that the dirt in the box is absolutely spirit level with the take-off board. Stepping over the take-off board is a try. If a contestant touches the earth in front of the take-off board with the spikes of his shoes or with his shoes it is a try, not measured; in other words, a foul. The earth in front of the take-off board must be dug to the depth of three inches. If a contestant jumps and falls back, measure from that part of his body that is nearest to the take-off board. If he lands and then jumps to the side, on the grass or on the earth back of where he landed, measure to the place where he landed. Measurers must see that the workman who is there to rake up the ground rakes it absolutely level, and great care must be exercised by the measurer that the measuring tape lies exactly flat; there must be no little hills of dirt to raise it.

FIELD JUDGES ON THE HIGH JUMP.

Each contestant is allowed three trials at each height, and the measurers are to decide the height of the bar; the contestants have absolutely nothing whatever to do with it. A contestant can omit any height, but he cannot have the bar lowered to try at the height that he omitted. After a contestant has

answered his name and taken one trial at a given height he cannot omit the other two trials, but must continue and finish his three trials at the height he commenced, unless called to compete on the track or in some other field event. The question of moving uprights will be decided by the Executive Committee at a meeting to be held in the near future. This point has heretofore caused a great deal of trouble, owing to the fact that each contestant seems to think that it is necessary for him to change the position of the uprights. Definite instructions regarding the matter will be given to the officials either on the day of the meeting or sooner.

THE JUDGES AT THE POLE VAULT.

The measurer shall decide on the height of the bar at each successive elevation. The contestants have nothing whatever to say about it. Two balks shall count as a try. The point has been brought before the Executive Committee at previous meetings, and it has been decided that should a contestant break his pole it will not be considered a try. The Judges must carefully watch each man's vault to see that his lower hand is not raised over the other during the vault; he can bring his lower hand up to his other hand, but not over it; he cannot raise the upper hand. Competitors are allowed to dig holes if they so desire. The Judges should see, before the competition begins, that take-off ground is spirit level, so that in case of a record the measuring will be easy.

The pegs must be set in the uprights perfectly straight and not extend out over two inches, and must be kept the same distance during the entire competition. The cross-bar should be marked "Top" and "Bottom," and as it is replaced after each jump the side marked "Top" must be turned up. If this is not done it may make a difference of one-half or one-eighth of an inch.

In all field events the officials shall excuse a contestant if he is called for a track event, or other field event, and after the event he shall be allowed his missed trials. The Field Judges shall instruct the contestants that any unnecessary delay on

their part will be considered by the Field Judges and a try counted. Of course, the Field Judges will use good judgment in this particular new rule before they call a try on one of the contestants.

TO ALL FIELD JUDGES.

Bear in mind that there is no law that calls for trial jumps, trial puts, or trial throws. If the contestants want a little practice let them take the field at 1:30 P. M. and have a half-hour's practice. At 2 P. M. promptly stop all trials and commence the competition. In the Broad Jump have a tape stretch on the ground (the runway to the take-off) and let each man get his mark. In other words, try to have all practicing and marking done before 2 P. M.

The Judges at the finish will pick the men in the order of their names on the program. Two shall stand at one end of the tape and two at the other. In case of a disagreement the Judges shall constitute themselves a jury and the majority shall decide. It is good judgment for the Judges to watch the finish, 1, 2, 3, in the different races, so that they can give evidence, if necessary, and they should bear in mind that the finish is not at the tape, it is a line on the ground drawn across the track from post to post, and a contestant shall not be considered to have finished his race unless his entire body crosses the line. If a man falls, of course, and part of his body is on the line, that is not a finish.

Three timekeepers shall record the time, two on one side and one on the other. A substitute watch shall always be used, but the three timers only shall serve, so that should a record be made the time can be official. The timers shall make it a point to see that they are not obstructed and that they are directly in line with the tape.

THE CLERK OF THE COURSE.

The Clerk of the Course shall designate to his assistants their work. He shall, promptly at 1:50 P. M. each day, either himself personally or through one of his assistants, call the competitors. He, or his assistant, shall check off. The competi-

tors shall bear in mind this rule: they must, upon arriving at the grounds, report to the Clerk of the Course, or his assistant or representative, and the contestant must inform himself of the time of each event in which he competes. The excuse that he has not been called will not be considered a reasonable excuse, and the Clerk of the Course will see that no competitor starts without his proper number.

Rule VII. holds the Clerk of the Course responsible for the appearance of the contestants at the proper time for each event. Rule X. says that the contestants must report promptly at the start of each race without waiting to be notified. Notwithstanding this, it is the duty of the Clerk of the Course and his assistants to see that each event is properly announced at least five minutes before the event is called, and after the Clerk of the Course is assured that his assistants have made the official call he must not hold back the event, must not detain the checking up of the contestants; he must do it at once and turn the athletes over to the Starter. At some college meets this year this matter has not been managed particularly well. At nearly all of them there have been unnecessary delays, due to the fact that the contestants did not respond promptly to the call of the Clerk of the Course. In dual meets perhaps there may be some excuse. At this meeting there will be no excuse and none will be taken. Each college should make it a point to see that some one interested in it keeps posted and gets the men out at the proper time. Programs will be printed intelligently and the order of the events is set forth in the Intercollegiate A.A.A.A. handbook that accompanies this letter, and it is to be hoped that the contestants will help the officials to do their duty.

The contestants must bear in mind that no attendants whatever are allowed on the infield, nor can they accompany a competitor to the mark or to the events, either track or field.

THE STARTER.

The two Starters have had assigned to them the events that they are to start. After the Clerk of the Course is through

with the men he will turn them over to the Starter. It is to be hoped that they will not bother the men with unnecessary speeches, but will get the event off as soon as possible.

THE CHIEF SCORER.

The Chief Scorer shall assign his assistants and they are the ones to call the contestants for their trials. The scorer shall, in the field events, keep a complete record of all the trials, and it is his duty to announce the name of the next contestant and then call the one that follows, so that there will be no delay. There shall be a scorer at the start of each race and one at the finish, so as to get a complete record of all the contestants that start and all that finish.

THE INSPECTORS.

The Inspectors are assistants to the Referee. They will assist him in detecting fouls, or interference during a race. These inspectors are important officials. At previous meetings, there has been a great deal of pushing and jostling in the start of the one-mile, the half-mile, the quarter-mile and the two-mile races. This year it must be stopped. There will be three inspectors stationed at the start of the events above mentioned. The contestants must understand that the colleges draw for their position and even if there is any advantage in the inside position they must not shove and push to get it; if they do, on the report of the inspectors, they are liable to be disqualified.

In the hurdle race it will be the duty of the inspectors to see that the hurdles are all up when the contestants have finished their race, because in the matter of a record, if a hurdle is down, the record will not be allowed. This year, in case of ties, the points are to be divided, and the Association has decided how the prize shall be given to the athletes that have tied.

Inspectors should also watch for team work. In previous meetings it has been very noticeable. It is not fair for three or four contestants from one college to start in a race to help a competitor from their college and perhaps impede another

competitor who has as good a chance. Team work of this kind must be eliminated. There is no penalty for this kind of work, but if it occurs and is brought to the Referee's notice, he will recommend that the entire team be disqualified by the Executive Committee. It would be good judgment if the inspector, when competitors get to a particular bend of the track, would run with them for fifteen or twenty yards and watch them carefully.

The Referee has his hands full and the meeting can only be made a success by all the officials working together as a unit. After a race has been completed it is to be hoped that interested collegians and contestants will not bother the Referee. He will, if evidence is necessary, consult with the inspectors and then render a decision; it is not necessary to ask for a decision.

Last year there were some complaints owing to the number of heats necessary, and it is only fair to state, however, that according to the law the heats must be so arranged that the second men in all trial heats are given the chance to run over.

THE CHIEF FIELD JUDGE.

There will be appointed a Chief Field Judge, who will represent the Referee. It will be his duty to see that the field events are started promptly at 2 o'clock, and that there will be no unnecessary delay in the competition. This will materially assist the Referee, and if the Field Judges will ask the Chief Field Judge any questions he will get for them the information they desire.

THE MARSHAL.

The Marshal is absolutely responsible to the Referee and the Executive Committee for the control of individuals who are on the field when not competing. It is his duty to see that all competitors are requested to leave the field after the competition and, if possible, to prohibit officials loaning their badges to those who desire to go on the field to have a few moments' conversation with some friendly official or college mate who is competing. Officials should wear their badges prominently. It is the Marshal's duty to request each athlete to leave the infield

as soon as he is through with his competition; in other words, in the high jump, the shot put, the pole vault and the broad jump, when a contestant has had his trials and is through, the Marshal should request him to at once leave the infield. It is not necessary for him to stay there to encourage some friend that is still in the competition. The officials can save themselves some trouble by procuring from the proper custodian their badges on entering the infield. The Marshal should pay particular attention to coaching. The Intercollegiate Association has no law on coaching, but, nevertheless, it is not fair, particularly when this coaching is from some one on the inside of the field that is interested; and he and his assistants should keep a sharp lookout for coaching. Coaching from the infield does not help a contestant, but contestants and others should bear in mind that it is not fair, that it is not wanted by the Intercollegiate Association and they will not have it; it must be stopped..

J. E. SULLIVAN,
Referee.

ORGANIZATION OF A CLUB

The course to pursue in order to start amateur athletics would be to call a meeting of students and pupils of all colleges and schools, respectively, and, if a manufacturing town, call all employees, as well as others who would be likely to take an interest in amateur pastimes, and organize an athletic club to be named after your county or town. The constitution and by-laws of such club should be modeled on the following lines:

CONSTITUTION

ARTICLE I.

NAME.

SECTION 1. This organization shall be known as [name adopted], incorporated [date].

OBJECT.

SEC. 2. The object of this club shall be physical development.

SEC. 3. Gambling and sale of liquors will not be allowed in gymnasium or club room. Members who are expelled for violating this section forfeit all rights in and to the privileges, property and franchises of the club, but are still liable for arrears of dues, fees, assessments or charges previously held against them. The club agrees to abide by all rules and regulations of the Amateur Athletic Union or any of its committees.

ARTICLE II.

MEMBERSHIP.

SECTION 1. A candidate for membership must be not less than 18 years of age, and can only be proposed by a member in good standing, upon the proposition blank issued by the

club, which must be accompanied by the regular fee, and handed to the Recording Secretary at least two weeks before the regular meeting.

SEC. 2. All candidates shall be voted for by ballot at the regular monthly meeting.

If three (3) black balls are cast against the candidate, he shall be rejected and his proposition fee returned to him.

SEC. 3. A rejected candidate cannot be proposed more than once in six (6) months.

ARTICLE III.

RIGHTS AND PRIVILEGES OF MEMBERS.

SECTION 1. The members of this club shall have the privilege of using the grounds and all apparatus contained within the club rooms or in possession of the club.

SEC. 2. Only members in good standing shall be privileged to vote and are eligible to office.

SEC. 3. Any member, to hold an office of trust or responsibility, must have been a member in good standing for three (3) months or more.

ARTICLE IV.

MEETINGS.

SECTION 1. The regular meetings of this club shall be held on the evening of the , at 8 P. M.

SEC. 2. At the request of twelve (12) members, the President may call a special meeting should any circumstance require it.

Written or printed notices of all special meetings shall be sent to each member in good standing, at least 48 hours before said meeting shall be held, and no business but that specified shall be transacted at said meeting.

SEC. 3. Fifteen (15) members in good standing shall constitute a quorum for the transaction of business at any meeting.

ARTICLE V.

OFFICERS.

SECTION 1. The officers of this club shall consist of a President, Vice-President, Recording Secretary, Financial Secretary, Treasurer, Sergeant-at-Arms and Assistant, Captain of Indoor Sports and Assistant, Captain of Outdoor Sports and Assistant, Master of Property and Assistant, and the Board of Trustees.

SEC. 2. The Board of Trustees shall consist of five (5) members.

ARTICLE VI.

ELECTIONS.

SECTION 1. All officers shall be elected annually by ballot (or by acclamation, should there be but one candidate) at the regular meeting held in of each year.

SEC. 2. In case of vacancy of any office, an election to fill such vacancy shall be held at the next regular meeting.

SEC. 3. Should any officer absent himself from three successive regular meetings, without excuse satisfactory to the club, the office becomes vacant, and the club shall immediately proceed to fill same.

SEC. 4. In case of a tie vote at any election, the club shall again vote; should the second ballot result in a tie, the chairman's vote shall be the deciding vote.

ARTICLE VII.

DUTIES OF OFFICERS.

SECTION 1. It shall be the duty of the President to preside at all meetings of the club, and conduct the same according to the Constitution and By-Laws of this club, examine and sign all official documents requiring his signature, exert a general supervision over the interests of the club, and perform such other duties as are usually required of and performed by a presiding officer; and call special meetings according to Article IV., Section 2, of this Constitution. He shall not vote.

except in case of a tie, and neither make nor second a motion of any kind.

SEC. 2. It shall be the duty of the Vice-President to perform all the duties of the President in case of the latter's absence, or when called upon by that officer.

SEC. 3. It shall be the duty of the Recording Secretary to call the roll of officers; keep a correct account of the proceedings of the club, issue all proper notices, receive and open all communications, and conduct all the correspondence appertaining to his office; keep a blank book in which shall be recorded the names of all persons rejected, suspended or expelled by the club, specifying for what offence such action was taken. He shall, for the faithful performance of his duty, receive per annum, payable quarterly.

SEC. 4. The Financial Secretary shall keep a correct account between the club and its members; collect all money due the club and pay the same to the Treasurer, taking receipt therefor. At every regular meeting he shall render a list of all members four months or more in arrears to the Recording Secretary. He shall notify all members that are liable to suspension or expulsion within one week previous thereto. He shall, for the faithful performance of his duty, receive per annum, payable quarterly.

SEC. 5. The Treasurer shall receive all money collected by the Financial Secretary, for which he shall give his receipt, shall hold all money belonging to the club and pay therefrom all orders for money attested by the Recording Secretary, countersigned by the President and signed by the Board of Trustees.

The Treasurer shall furnish a bond, the amount of which shall be decided by the Board of Trustees. The bond shall be renewed immediately after the election. The Treasurer shall, at no time, have on hand more than ; all money above that amount to be deposited by him in some bank, to be decided by the Board of Trustees, delivering the book to the Board of Trustees within forty-eight hours after having made the deposit.

He shall make a written report at every regular meeting of the condition of the finances. He shall, for the faithful performance of his duties, receive per annum, payable quarterly.

SERGEANT-AT-ARMS AND ASSISTANT.

SEC. 6. It shall be the duty of the Sergeant-at-Arms and Assistant to maintain and preserve order at all business and gymnastic meetings.

INDOOR CAPTAIN AND ASSISTANT.

SEC. 7. The Indoor Captain shall have charge of all indoor exercises, as per rules and regulations of gymnasium; all orders and commands made by him during class hours must be complied with; any disobedience on part of exercising members he will report to the club at the next regular meeting. In the absence of the Indoor Captain the Lieutenant shall officiate in his stead.

OUTDOOR CAPTAIN AND ASSISTANT.

SEC. 8. The Outdoor Captain shall endeavor to promote outdoor athletic sports. It shall be his duty to handicap club competitions and appoint officials for same. In the absence of the Outdoor Captain the Assistant Captain will officiate in his stead.

MASTER OF PROPERTIES AND ASSISTANT

SEC. 9. It shall be their duty to have charge of all apparatus of the club, shall keep same in good order, repair or have repairing attended to, charging the same to the club.

BOARD OF TRUSTEES

SEC. 10. The Board of Trustees shall have charge of all the property, effects and assets of the club. They shall, with the sanction of the club, have the power to buy or sell any property of the club.

To have and use a common seal and under said seal to enter into contracts. It shall be their duty to effect insurance on all property belonging to the club.

They shall report the condition of the club quarterly and at such other times as the club may require. It shall be their duty to investigate the qualifications of all candidates proposed for membership, which must be approved of by a majority of the Board. The Board of Trustees, in conjunction with the officers of the club, shall receive and consider all complaints of disorderly conduct.

They shall inflict punishment on the members found guilty, in the following degrees:

First offence—Reprimanded. Second offence—Debarred from all the rights and privileges of the club for the term of two (2) months, or a fine of $1. Third offence—His name shall be brought up at the next regular meeting of the club to be expelled.

In the case of a member of the Board of Trustees absenting himself from three consecutive meetings, without valid excuse, his office shall be declared vacant and his place filled by ballot at the next monthly meeting of the club. Any member to be eligible to Trusteeship must be 18 years of age.

ARTICLE VIII.

COLORS AND UNIFORM

SECTION 1. The colors of this club shall be
The uniform of the club shall consist of

SEC. 2. The emblem shall be a

SEC. 3. Any member representing this club at any competition, when entered by the club, must wear the club uniform, as described in Sec. 1 of this Article.

ARTICLE IX.

AMENDMENTS OR REPEAL.

SECTION 1. This Constitution may be amended or repealed by a two-third vote of the members present at a regular meeting; provided that a copy of the proposed amendments shall have been handed to the Secretary and read at a previous meeting and that all members be notified thereof.

BY-LAWS

ARTICLE I.

SECTION 1. The regular dues of this club shall be per month.

SEC. 2. Any member in arrears of dues to the amount of shall be notified, and unless giving a satisfactory explanation shall be expelled.

SEC. 3. Any member being fined or assessed, or who is indebted to the club for ball, picnic or excursion tickets, and neglects to pay the same within months, shall be immediately notified by the Financial Secretary, and should he fail to pay at the next regular meeting, his name shall be presented to the club for action; the penalty for this offence shall be fine, suspension or expulsion, as the club may decide.

ARTICLE II.

RESIGNATION.

SECTION 1. Any resignation of membership must be made in writing, but no resignation shall receive any consideration by the club until arrears, if any, have been paid, according to Article I., Sections 2 and 3 of the By-Laws.

ARTICLE III.

SECTION 1. The Board of Trustees shall have legal title to all the property of the club, should the same become insolvent or disorganized.

ARTICLE IV.

SECTION 1. Any member requesting to be suspended, and giving a satisfactory reason in writing, may, upon the decision of the club, be suspended for a specified time.

ARTICLE V.

REINSTATEMENT.

SECTION 1. Any member stricken from the roll on account of being in arrears, may be reinstated by paying up all his in-

debtedness to the club but must be elected by a two-third vote of all the members present at a meeting.

ARTICLE VI.

FINES.

SECTION 1. Any member failing to notify the Recording Secretary of the change of his address, within thirty (30) days, shall be fined

ARTICLE VII.

HONORARY MEMBERS.

SECTION 1. Honorary membership may be conferred by the majority vote of the club; he shall have all the privileges, but no voice or vote in the club, cannot be eligible for office, shall not be liable for dues, nor attend meetings. He may become an active member by the payment of dues from the date of his application.

ARTICLE VIII.

ENTRIES.

SECTION 1. Any member competing in an open competition sanctioned by the A. A. U., when not entered by the club, shall pay his own entrance fee.

ARTICLE IX.

VISITORS.

SECTION 1. Visitors must be vouched for or accompanied by a member. shall be visitors' night.

ARTICLE X.

DAMAGE TO PROPERTY.

SECTION 1. Damage to property shall be paid for by any person or persons wilfully causing same.

ARTICLE XI.

AMENDMENTS.

SECTION 1. These By-Laws may be amended or repealed, according to Article IX., Section 1, of the Constitution.

ARTICLE XII.

DISSOLUTION.

SECTION 1. This club shall in no wise be dissolved as long as members shall be in favor of its continuance.

ARTICLE XIII.

ORDER OF BUSINESS.

1. Opening.
2. Roll-call of officers and trustees.
3. Reading the minutes of the previous meeting.
4. Proposal and election of new members.
5. Election of Officers and Trustees.
6. Reports of various committees.
7. Reading of correspondence.
8. Report of Financial Secretary.
9. Report of Treasurer.
10. Unfinished business.
11. New business.
12. Adjournment.

OFFICIAL RULES FOR ALL ATHLETIC SPORTS

The following list contains the Group and the Number of the book of Spalding's Athletic Library in which the rules wanted are contained. See front pages of book for complete list of Spalding's Athletic Library.

	Group.	No.
English Rugby Foot Ball Rules; Olympic Games Events—Marathon Race, Stone Throwing with Impetus, Spear Throwing, Hellenic Method of Throwing the Discus—Throwing the Discus, Greek Style, for Youths; English Water Polo Rules; Water Push Ball; Sack Racing; Wall Scaling; Three-Legged Race; Shuffleboard Rules; Rules for Snowshoeing; Sheffield Rules for the Government of Professional Racing; Rules Governing Dog Racing; Hitch and Kick; Laws of Boat Racing; Revolver Shooting; Pigeon Flying Rules	12	55
Hand Ball Rules	11	13
Curling Rules	11	14
Canoeing Rules	13	23
Boat Racing Rules	13	128
Water Polo—American Rules	10	129
Croquet Rules	11	138
American Field Hockey—Association Rules	6	154
Boxing—A. A. U. Rules, Marquis of Queensbury Rules, London Prize Ring Rules	14	162
Rules of Amateur Fencers' League	14	165
Rules for Quoits	11	167
Push Ball Rules	11	170

	Group	No.
Rules for Swimming; Rules for Plunge for Distance...	13	177
Ring Hockey Rules.	6	180
Rules for the Individual All-Round Athletic Championship	12	182
Rules for American Lawn Hockey; Rules for Tether Tennis Rules for Golf Croquet; Rules for Hand Tennis; Rules for Volley Ball; Rules for Hand Polo; Rules for Wicket Polo; Laws of Badminton; Rules for Drawing-Room Hockey; Rules for Garden Hockey Rules for Basket Goal	6	188
Rules for Children's Games.	11	189
Racquet Rules; Squash Rules; Court Tennis Rules; Hand Tennis Rules.	11	194
American Equestrian Polo Rules.	10	199
Intercollegiate Lacrosse Association Rules; National Amateur Lacrosse Union of Canada Rules.	11	201
Base Ball Rules for Boys.	1	202
Rules for Lawn Bowls.	11	207
Figure Skating Rules.	13	209
Wrestling—A. A. U. Rules; Catch-as-Catch-Can Rules	14	236
Association Foot Ball Rules.	2	237
A. A. U. Athletic Rules; A. A. U. Boxing Rules; A. A. U. Wrestling Rules; A. A. U. Gymnastic Rules; National Cross Country Association Rules; Amateur Fencers' League Rules; Rules for Plunge for Distance; American Rules of Water Polo Potato Racing Rules	12	241
Y. M. C. A. Athletic Rules; Y. M. C. A. Pentathlon Rules; Y. M. C. A. All-Round Test; Y. M. C. A. Hand Ball Rules; Y. M. C. A. Volley Ball Rules.	12	245
Rules and Regulations of the American Bowling Congress.	8	249
Ontario Rugby Foot Ball Union Rules; Quebec Rugby Foot Ball Union Rules; Canadian Intercollegiate Foot Ball Union Rules.	2	283
Ontario Hockey Association Rules.	6	256
Base Ball Rules	1	1

	Group	No
National Indoor Base Ball Association Rules	9	9
Women's Basket Ball Rules	7	260
Hockey—American Amateur Hockey League Laws; Canadian Amateur Hockey League Laws; Ontario Hockey Association Rules	6	263
Roller Polo Rules; Roller Skating Rink Rules	10	10
Laws of Lawn Tennis	4	4
Laws of Cricket	3	3
U. S. Intercollegiate Lacrosse League Rules	—	268
I. C. A. A. A. A. Athletic League Rules	12	292
Roque Rules	11	271
Official Foot Ball Rules	2	2
Official Rules, United States Golf Association	5	276
Collegiate Basket Ball Rules	7	278
Official Basket Ball Rules	7	7
Public Schools Athletic League Athletic Rules	12	281

WHAT TO WEAR FOR ATHLETICS

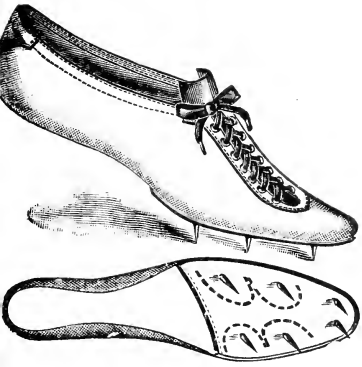
The manner in which competing athletes are dressed means a good deal to the athlete and to the spectators as well at an athletic meeting. If the spectators see a man come on the athletic field with unkempt uniform, one is apt to go away with a rather poor opinion of athletes in general. Therefore, it is certainly important that the athlete and the club official should see that the contestants are properly clothed.

The athlete should always dress neatly and keep his costume clean and in proper shape. We note how careful actors are of their personal appearance and clothing, especially when on the stage. The athlete ,to a certain extent, occupies a similar position when competing in athletic contests. All eyes are riveted upon him, and to the public he is a sort of a hero. And the athlete who does keep himself properly—neat and clean—makes friends, even if he is not known personally to the audience.

A. G. Spalding & Bros. for over thirty years have been makers of athletic apparel, and make the most suitable goods for athletic contests. And so well is this fact recognized by the champion athletes that few of them wear anything but Spalding uniforms. Nearly all the important teams that have won honors in international competitions in recent years have had their uniforms furnished by A. G. Spalding & Bros. This was noticeable with the last American team which scored such a glorious victory in the Olympic games at Athens in 1906.

Another point of interest to all is the fact that Spalding supplies equipment for all known sports and pastimes, and has clothing to suit the athletes; it is immaterial whether they are schoolboys or champions. It is not the intention in this short article to go into details for each and every article contained in Spalding's Catalogue, but a glance at the same will convince one that there is absolutely nothing lacking. And they can rest assured that if Spalding sells it, it is correct.

Athletes should make it a point to have two suits of athletic apparel, one for competition and one for practice purposes. The clothing that some of our crack athletes wear in competition is a disgrace to athletics, and it adds a great deal to an athlete's appearance to appear neat and clean when taking part in athletic competition. In practice within one's club or grounds, almost any kind of clothing can be used. A sprinter should have two pairs of running shoes, one a very heavy pair for practicing in (the cross-country shoe, No. 14C, makes a very good shoe for this purpose, and can be had with or without spikes on heels), and a light pair for racing. One of the



No. 2-0.

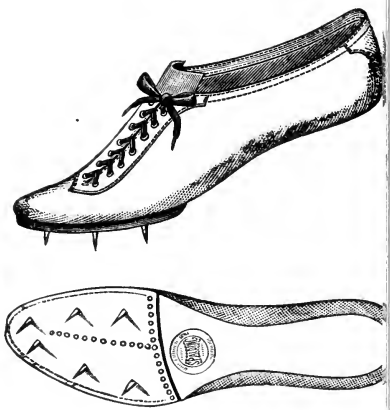
No. 14C.

best professional sprinters that ever wore a shoe made it a point to train for all his races in very heavy sprinting shoes. Aside from the benefit that is claimed for practicing in heavy shoes, you always feel as though you have a pair of shoes that will be ready for any race that is scheduled, and bear in mind it does not pay to buy athletic implements or clothing that are cheap. They don't wear and cannot give you the service that you will get from articles that are official and made by a reputable house.

It is very important that the beginner in athletics should know what to wear for the different sports. The cross-country

runner requires a shoe with a low, broad heel, and spikes in sole of shoe; he can have spikes in the heel or not, just as it suits him. A pair of Spalding No. 14C shoes, which are made of the finest kangaroo leather, and used by all the prominent cross-country runners, cost $5.50 per pair. A sprinter will require a pair of sprinting shoes, No. 2-O, that retail for $5.50. The sweater, No. A, of finest Australian lamb's wool, was made originally by special order for the Yale foot-ball team, is now used by all college athletes, is one of the best in the market, and sells for $6; athletic shirt, No. 600, at $1.25; running pants,

No. 10.



No. 11T.

No. 3, at 75 cents: a supporter is very essential for an athlete, and nearly all the champions use them; No. 5 is the most suitable one, and retails at 75 cents; a pair of corks will cost the athlete 15 cents; pushers for the running shoes, 25 cents. This complete outfit costs $14.65.

The second quality of the same line of goods can be bought as follows: Sprinting shoes, No. 10, $4.50; sweater, No. B, $5; shirt, No. 6E, 50 cents; pants, No. 4, 50 cents; supporter, No. 2, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents. This second-grade outfit costs $11.40.

The pole-vaulter will want the same outfit, with the exception of a pair of jumping shoes, No. 14H, which sell for $5.50, and a pair of wrist supporters, No. 200, which can be bought for 40 cents. The best pole on the market for athletic purposes is the 16-foot Spalding pole. This pole is made of hollow spruce, thus being much lighter, and, owing to a special preparation with which it is filled, the strength and stiffness is greatly increased. It retails for $10; a 14-foot pole, hollow retails for $9.50, and the solid for $6. Usually the vaulter will wrap the pole to suit his own taste.

No. 14H.

No. 11.

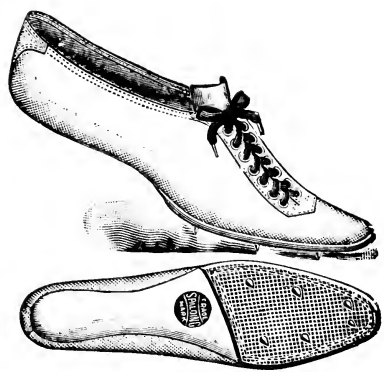
The high jumper and the broad jumper will want an outfit as follows: Jumping shoes, No. 14H, $5.50; sweater, No. A, $6; shirt, No. 600, $1.25; pants, No. 3, 75 cents; supporter, No. 5, 75 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents.

An outfit with several of the articles of a cheaper grade than the above costs: Jumping shoes, No. 14H, $5.50; sweater, No. B, $5; shirt, No. 6E, 50 cents; pants, No. 4, 50 cents; supporter, No. 2, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents.

The man who throws the weights will require the same wearing apparel as the pole-vaulter or the runner. John Flanagan and James Mitchel, two of the greatest weight throwers in the world, wear what is known as the No 14H shoe, with a short

spike, which retails for $5.50. It is very essential that the weight-thrower should have his own implements; in fact, nearly all the champion weight-throwers carry their own weights with them and guard them jealously.

Among athletes and frequenters of gymnasiums and those athletically inclined, sleeveless and quarter-sleeve shirts have become popular. Spalding also has different styles of knee pants, supporters, running and jumping shoes, and below we give for the athlete's information some selections for athletic equipment.



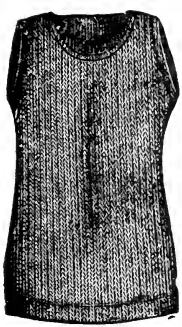
No. 210—Indoor Running Shoe.

In sleeveless shirts, Spalding furnishes No. 600, a very satisfactory style, at $1.25. This grade is made of cut worsted, and is furnished in navy blue, maroon, and black, in sizes from 26 to 42 inches chest. A similar shirt to this, but quarter-sleeve instead of sleeveless, is the Spalding No. 601, the price of which is also $1.25 each. In best-grade worsted, full-fashioned, the Spalding No. 1E shirt is recommended. The price of this is $3 each; and a similar shirt, quarter-sleeve, No. 1F, is also $3 each. These best-grade worsted shirts are made in black, navy blue, and maroon, in sizes from 26 to 42 inches chest.

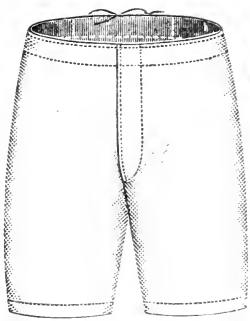
Spalding also furnishes sleeveless and quarter-sleeve shirts made of sanitary cotton. The No. 6E sleeveless shirt, of cot-

ton, costs 50 cents each, and is furnished in bleached white, navy blue, black, maroon, and in sizes from 26 to 44 inches chest measure, and a similar shirt in quarter-sleeve is No. 6F, and is also 50 cents each.

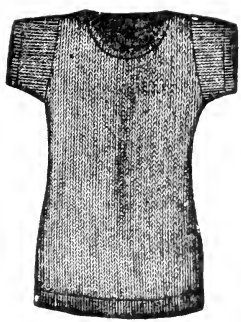
Knee pants, corresponding in grade to the above shirts, are furnished by Spalding also, No. 604 costing $1 25 per pair, and furnished in same colors as the shirts and in sizes 28 to 42 inches waist. In the best worsted, Spalding furnishes No. 1B at $3 per pair; these are supplied in black, navy blue, and maroon, in sizes from 28 to 42 inches waist measurement. In sanitary cotton, the No. 4B knee tights, at 50 cents per pair,



Sleeveless Shirt.



Running Pants.



Quarter Sleeve Shirt.

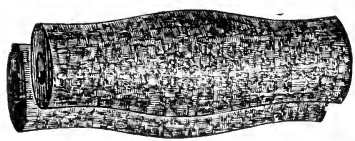
are furnished in bleached white, navy blue, black, and maroon, in sizes from 26 to 42 inches waist measurement.

With many athletes the new sleeveless shirts, with a four-inch stripe around chest are becoming more popular than plain colors. Spalding furnishes these shirts in the following combinations of colors: navy blue with white stripe, black with orange stripe, maroon with white stripe, red with black stripe, royal blue with white stripe, and black with red stripe. These sleeveless shirts are Spalding's No. 600S, which cost $1.50 each. A similar shirt to the No. 600S, but made of sanitary cotton, in solid colors and four-inch stripe around chest, in

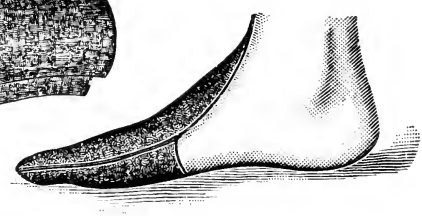
same combination of colors as the No. 600S, is the Spalding No. 6ES, which costs 75 cents each.

Also another very popular style is the sleeveless shirt with cotton sash of different color. Spalding has two styles, one of the best worsted, full-fashioned, in black, navy blue, and maroon, with sash of any color desired; this is the No. 1 ER, at $5 each. A cheaper grade, made of sanitary cotton, in solid colors, and sash of different color, is furnished in the same combination of colors as the No. 600S shirt mentioned above, and the price of the sanitary cotton shirt, with different colored sash, No. 6ED, is 75 cents each.

For full pants used by bicycle riders, etc., Spalding has three different grades of the best worsted, full-fashioned, fur-



Athletic Grips.



Chamois Pushers.

nished in black, navy blue, and maroon. They have their No. 1A at $4 per pair, in sizes from 28 to 42 inches waist measurement, and in the same colors. They supply their No. 605 full tights, made of cut worsted, for $2 per pair. They also have full tights of sanitary cotton, furnished in white, black, and fresh colors, in sizes from 26 to 42 inches waist, for $1 per pair; these are their No. 3A.

Running pants are used by a great majority of athletes for one purpose or another. The name applies simply to one use to which they are put, as they are quite suitable for field athletes, and also are used in many cases for gymnasium wear.

Spalding supplies running pants in four different qualities: No. 1, of white or black sateen fly front, lace back, costing

$1.25 per pair: No. 2, of slightly cheaper quality sateen, costing $1 per pair; No. 3, of white and black silesia, costing 75 cents per pair; and No 4, 50 cents per pair. Stripes down the sides of any of these running pants cost 25 cents per pair extra.

Recognizing the need of some kind of athletic wear that would be suitable at the same time for use as underwear during the heated term especially, but throughout the year if desired, Spalding has put out special cotton-mesh athletic underwear at reasonable prices, which, it is believed, will be recognized as filling this need. The quality of each article is very satisfactory, indeed, and they are nicely finished. The prices for these articles are: No. 15, white cotton-mesh sleeveless shirt, $1 each; No. 15P, white cotton-mesh knee pants, $1.50 per pair; No. 10E, natural cotton-mesh sleeveless shirt, $1.50 each; No. 10EP, natural cotton-mesh knee pants, at $1.50 per pair. The shirts are supplied in sizes 26 to 44-inch chest and the knee pants in sizes 28 to 42 inches waist.

Spalding also furnishes a very satisfactory knee pants for the same purpose, made of special twilled cotton, durable in quality, and at the same time extremely light in weight. These are: No. 280, white basket.weave cotton knee pants, the price of which is 60 cents each per pair; and No. 210, white twill cotton knee pants, very light and cool, at $1 per pair. These are furnished in sizes from 28 to 42 inches waist measurement.

Spalding furnishes the most complete line of athletic jerseys and sweaters, made up of best quality, which look well and wear like iron. The prices are in every case regulated according to the cost of production. The full particulars are described in the Spalding catalogue, which will be mailed upon application from any Spalding store. The prices of the various styles of jerseys manufactured by Spalding are: No. 1P, $4 each—solid colors, furnished in navy blue, black, maroon, and gray; No. 1PS, same quality as No. 1P, but in a great variety of colors, with 2 inch stripe, throughout. The price of No. 1PS is $4.50 each. No. 10P, solid colors, $2.75 each; No. 10PS, same quality as 10P, but with 2-inch stripe through-

out, in a great variety of colors, $3.25 each; No. 10PW, same quality as No. 10P, but with 6-inch stripe around, at $3.25 each; and No. 10PX, also same quality as 10P, but with solid colors and alternate-stripe sleeves, $3 each; No. 12P, solid colors, costs $2.25 each; No. 12PX, same quality as 12P, but with sleeves striped alternately, $2.50 each· and No. 12PV, same quality as 12P, but with V-shaped neck instead of full-collar neck, $2.50 each.

The Spalding No. AA sweater costs $8 each; and No. A,, slightly lighter in weight, $6 each; No. B, at $5, and No. C, at $4. These sweaters are all furnished in white, navy blue, black, gray, and maroon, in sizes from 28 to 44 inches. A cheaper grade,of sweater, known as the Shaker style, is also furnished by Spalding—No. 1, same weight as No. A, costs $5.50; No. 2, same weight as No. B $4.50; and No. 3, same weight as No. C, $3.50.

Jacket sweaters are becoming more popular every season. Spalding furnishes a variety of styles to select from. Their No. VG is their best quality, made in gray or white only, and the price of this jacket sweater is $6 each. The same sweater made with pockets on each side, their No. VPG, costs $6.50 each. A somewhat lighter sweater for best quality is their No. CJ at $5 each; and in the Shaker style, their No. 3J, $4.50 each. In what is known as the vest-collar sweater Spalding furnishes a very popular style, No. BG, in white and gray only, at $5 each; and No. 3G, Shaker knit, standard weight, at $4.

When it comes to athletic shoes, the athlete who regards his reputation as valuable goes to Spalding for something that is really correct and that will do him credit. Spalding furnishes the running, jumping, and hurdling shoes used by the best men in track and field sports, and there is not a competing athlete of any prominence in this country who does not wear Spalding shoes. They are made at almost all prices, and each style will be found satisfactory in quality, and excellent value for the prices asked. The Spalding No. 2-O running shoe is considered the acme of perfection on the running track, and

the price is $5.50 per pair. It is made of the finest kangaroo leather, extremely light and glove-fitting, with best English steel spikes firmly riveted on. In a calfskin shoe, hand-made, Spalding furnishes their No. 10 at $4.50 per pair; and in a calfskin machine-made shoe their No. 11T at $4 per pair, and in a somewhat cheaper quality their No. 11 at $3 per pair.

To the cross-country runner there is not any part of his equipment that is so important as the shoes he wears. Spalding furnishes the shoes worn by the best cross-country men. They make up one quality in a special cross-country shoe, their No. 14C, at $5.50 per pair. They are really the best product of the shoemaker's art, being made of the finest kangaroo leather, with low heel, flexible shank, hand-made, and with six spikes on sole, and with or without spikes on heel, according to the preference of the runner.

In a jumping or hurdling shoe, Spalding furnishes a shoe similar in quality to the No. 14C and to the No. 20 running shoe, and made with a special stiffened sole, and with spikes in heel, placed according to the latest ideas to assist jumpers. This is the No. 14H, jumping and hurdling shoe, and costs $5.50 per pair.

For indoor running Spalding furnishes three styles of shoes: No. 111, fine leather, rubber-tipped sole, with spikes, at $4 per pair; No. 112, with special rubber-tipped sole, and no spikes, at $3 per pair, and No. 114, rubber-tipped, and with no spikes, for $2.50 per pair.

For indoor jumping, the Spalding No. 210, shoe, hand-made, of best leather, with rubber soles and either with or without spikes, costs $5 per pair.

A full line of elastic bandages, ankle and wrist supporters, and other articles necessary for the athlete, is carried at all Spalding stores, and a catalogue, giving cuts, descriptions, and prices of these goods, will be sent on application from any Spalding store. For the athlete a necessary article is an elastic supporter. Spalding furnishes these in a variety of styles. A popular style is the No. 5 bike jockey strap, the price of which is 75 cents each. These are made in three sizes: small,

to fit waist 22 to 28 inches; medium, 30 to 38 inches; and large, 40 to 48 inches. The No. 2 style supporter, with elastic pieces on side, costs 50 cents each; and the No. 3, similar to No. 2, but with open-mesh front, also costs 50 cents each. The No. 1, made of the best Canton flannel, costs 25 cents each; and the No. X, similar to No. 1, but cheaper in quality, 15 cents each. In the line of suspensories the best quality is No. 4, the "Old Point Comfort," at $1.50; No. 3, at $1.25; and No. 2, at $1 each. Other styles are made by Spalding at prices from $1.25 each, down to 25 cents each

A great benefit is often derived from the use of a satisfactory style of wrist supporter. Spalding furnishes these wrist supporters at prices from 20 cents to 50 cents each. The best quality—their No. 400—is made of genuine pigskin, nicely lined, and made on the improved English slitted style. The price of this No. 400 wrist supporter is 50 cents each. The No. 200 style, made of solid belt leather, either tan of black, with double strap and buckle, costs 40 cents each, and the No. 300, with laced fastening, 25 cents each. The other Spalding styles are: No. 100, single strap and buckle, 25 cents each; and No. 50, of grain leather, single strap and buckle, 20 cents each. Another very necessary article is a satisfactory style of ankle supporter. Years ago, Spalding got out the Hackey ankle supporter, made of fine leather. This proved to be one or the most necessary articles for the athlete. It can be worn either under or over the stocking and supports the ankle admirably, while not interfering in any way with better movements. It relieves pain immediately, and it cures a sprain in a remarkably short time. It is necessary when ordering to give size of shoe worn. These ankle supporters are made in three qualities: No. H, of soft tanned leather, best quality, price $1 per pair; No. SH, made of good quality sheepskin, 50 cents per pair, and No. CH, made of black duck, lined and bound, 25 cents per pair.

A copy of the Spalding catalogue, devoted to their line of uniform equipment, should be in the hands of every athlete player, for there is listed in each Spalding catalogue number-

less articles that are necessary for the athlete, and of which he might know nothing if they were not brought to his attenion. Being in touch with the vast army of athletes in this country, A. G. Spalding & Bros. have means of testing out every idea thoroughly and to better advantage than any one else, and the benefit of their experience and knowledge gained during their thirty years in business is given over to every purchaser without additional cost in the Spalding line of athletic equipment. Copies of the Spalding catalogues will be sent free to any address on application to any of the Spalding stores, list of which is given below.

New York City—124-128 Nassau Street, and 29-33 West Forty-second Street.

Philadelphia, Pa.—1013 Filbert Street.

Boston, Mass.—73 Federal Street.

Baltimore, Md.—208 East Baltimore Street.

Washington, D. C.—709 Fourteenth Street, N. W., Colorado Building.

Pittsburg, Pa.—439 Wood Street.

Buffalo, N. Y.—611 Main Street.

Syracuse, N. Y.—University Block.

Cleveland, Ohio—741 Euclid Avenue.

Chicago, Ill.—147-149 Wabash Avenue.

St. Louis, Mo.—710 Pine Street.

Cincinnati, Ohio—Fountain Square, 27 East Fifth Street.

Kansas City, Mo.—1111 Walnut Street.

Minneapolis, Minn.—507 Second Avenue, South.

New Orleans, La.—140 Carondelet Street.

Denver, Col.—1616 Arapahoe Street.

San Francisco, Cal.—134 Geary Street.

Detroit, Mich.—254 Woodward Avenue.

Montreal, Canada—443 St. James Street.

WHAT TO USE FOR ATHLETICS

In an athletic article, the most necessary requisite is suitability, and in this particular the athlete who purchases from Spalding is sure to be satisfied, because every Spalding athletic article is made to satisfy the athlete in every way, which accounts for the unparalleled popularity of Spalding goods among athletes generally. The boy competing in athletics should go to Spalding's, if possible, and see what is necessary for him to use, and which will be best adapted to his needs; but if that is

A. G. Spalding & Bros.:
Gentlemen:—I have tested the 16-pound hammer you made under my direction and find it to be perfect. I find it easier to stay in circle when manipulating, and owing to its ball-bearing construction it gets less resistance from the wire—leaves the hand smoother—and in fact fills the bill completely as to what a perfect hammer should be. I will use it in all competitions and will recommend same to those aiming to excel in hammer throwing. You have my permission to use my name. Yours respectfully.
John Flanagan

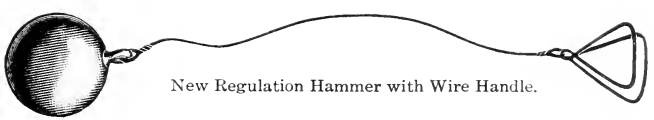
John Flanagan, Champion 16-lb. Hammer Thrower.

impossible, by sending his name on a postal card to the nearest Spalding store (see list on inside front cover), and stating what branch of athletic sport he is particularly interested in, a copy of the latest Spalding catalogue will be mailed to him, which contains pictures and prices of everything that is up to date in athletics.

Spalding athletic implements are made in exact accordance with the rules of the Amateur Athletic Union, and have been

recognized as official, and no athlete who tries for a record would think of using any other make, as he knows that Spalding's are invariably correct, and he can compete with the assurance that if he wins there will be no question of the illegality of the record, as sometimes happens when athletes use implements that do not comply with the official requirements.

For the hammer-thrower, the best hammer is the Spalding Championship Hammer, with ball-bearing swivel. This hammer was designed by Champion John Flanagan, who holds the world's record for throwing the hammer. The benefits of the ball-bearing construction will be quickly appreciated by all hammer-throwers. It is guaranteed absolutely correct in weight. The price of the No. 06 Spalding Championship Ball-Bearing Hammer, complete with sole-leather case, is $7 for the 16-lb., and the same price for the 12-lb. If bought without the



New Regulation Hammer with Wire Handle.

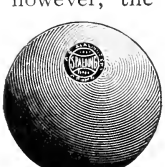
leather case, the price is $5 for either the 16-lb. or 12-lb. In the ordinary style hammer, with wire handle, but not ball-bearing, the No. 9, Practice, made of lead, 12-lb., costs $4.50, and the No. 10, Regulation, 16-lb. lead, $5. In iron hammers the No. 12, Juvenile, 8-lb., costs $2.50; the No. 14, Practice, $3.50, and the No. 15, Regulation, 16-lb., $3.75. Wire handles for any of the foregoing hammers, with the exception of the Championship, cost 75 cents each. Handles for the Championship hammer are not supplied separately, but have to be put in at the Spalding factory at an extra charge.

It is advisable for a weight-thrower who wants to become expert to carry his own weights, and particularly his own hammer. He can then arrange to have the grip made to suit himself, and when necessary, to cover it with leather, and he will not be called upon when he goes to a competition to take the ordinary hammer with a handle with which he is not familiar.

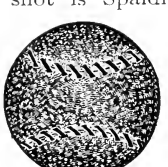
Regulation 56-lb. Weight.

The Spalding 56-lb. weight is made after designs submitted by Champion James S. Mitchel, the winner of innumerable contests both in America and Europe. It has been endorsed by all the leading weight-throwers, and is guaranteed correct in weight and in exact accordance with the rules of the Amateur Athletic Union. The 56-lb. weight is made in lead only, and costs, complete, $12.

For shot putters the Spalding make is guaranteed correct in weight. Two styles of metal are used—lead and iron. In lead, the 16-lb. shot, No. 19, costs $3.50, and the 12-lb., No. 21, $3. In iron, the 16-lb., No. 23, costs $1.75; the 12-lb., No. 25, $1.50; and the 8-lb., No. 18, $1.25. The latter weight is made in iron only. For indoor use Spalding supplies shot with a leather cover, which prevents the shot from losing weight, even when used constantly. The prices on the leather-covered shot are as follows: 16-lb., No. 4, $7.50; 12-lb., No. 3., $7; and the 8-lb., No. 26, $5. For indoor use, however, the best shot is Spalding's patented rubber-



Rubber Covered Shot.

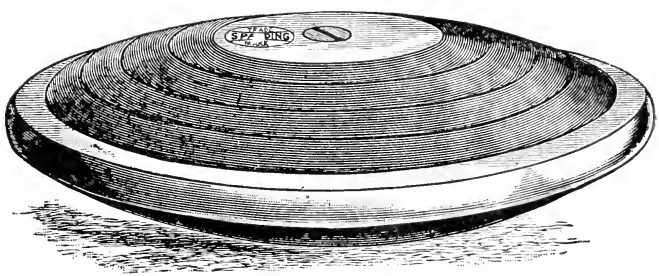


Indoor Shot.

Regulation Shot.

covered indoor shot, which is made according to scientific principles, with a rubber cover that is perfectly round, giving a fine grip and having the proper resiliency when it comes in contact with the floor. It will wear longer than the ordinary leather-covered, and in addition there is no possibility that the lead dust will sift out, therefore it is always full weight. It has been thoroughly tested in the gymnasium of one of the greatest colleges in the country, and pronounced perfect by all who have had an opportunity to use it. The prices are: 16-lb., No. P, $10; 12-lb., No. Q, $9.

Since the revival of discus-throwing at the Olympic games at Athens in 1906, and which, by the way, was won by an American, Robert Garrett, of Princeton, the Spalding discus has been



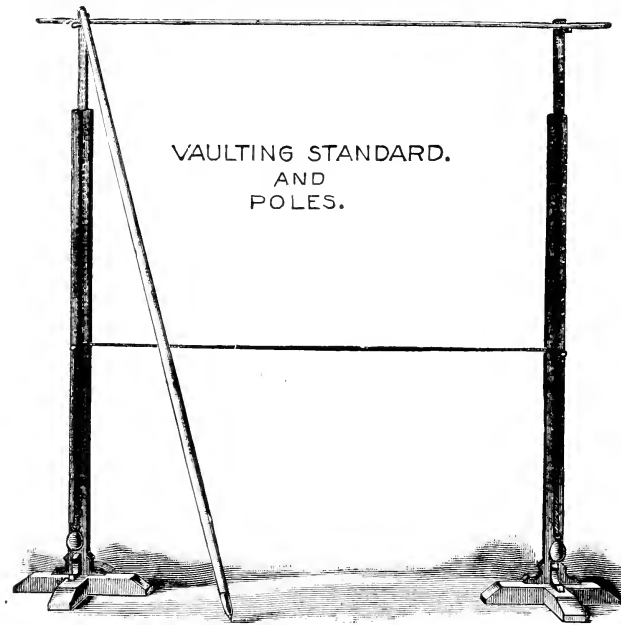
Spalding Olympic Discus.

recognized as the official discus, and is used exclusively by Martin Sheridan, the hero of the Olympic games of 1906 at Athens, whose winnings contributed materially to the securing by the American team of the greatest number of points in the athletic events. The price of the discus is $5. For the use of more youthful athletes, however, a discus similar to the official discus is made, with the exception that it is lighter in weight. This Spalding Youths' Discus, as it is called, has been endorsed by the Public Schools Athletic League, and costs $4.

For the pole-vaulter, the greatest care is exercised in making Spalding poles, only the most perfect and thoroughly seasoned pieces of spruce being used, making them the only poles that

are really fit and safe for an athlete. The prices are as follows: No. 104, 16 feet long, each, $7; No. 103, 14 feet long, $6; No. 102, 12 feet long, $5; No. 101, 10 feet long, $4; No. 100, 8 feet long, $3.

Spalding hollow spruce poles are considerably lighter than the solid poles, and the interior is filled with a special preparation

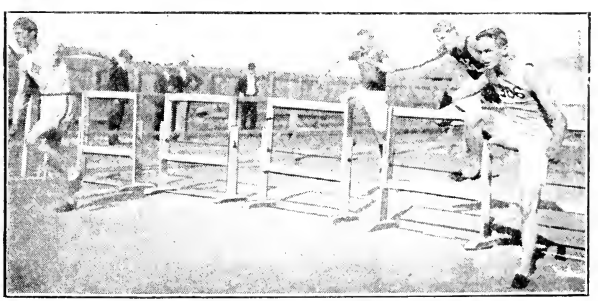


which greatly increases the strength and stiffness. The prices are: No. 204, 16 feet long, each, $10; No. 203, 14 feet long, $9.50; No. 202, 12 feet long, $9; No. 201, 10 feet long, $8.50; No. 200, 8 feet long, $8.

In getting up the line of vaulting standards extreme care is taken to have the Spalding standards made carefully and well.

There is nothing flimsy about them, and the measurements are clearly and correctly marked, so as to avoid any misunderstanding or dispute. The best is No. 109, wooden uprights, graduated in quarter inches, adjustable to 13 feet, complete, $15; No. 110, wooden uprights, inch graduations, adjustable to 10 feet, $10; No. 111, wooden uprights, inch graduations, 7 feet high, $7.50. Hickory crossbars, when purchased separately, cost $3 per dozen.

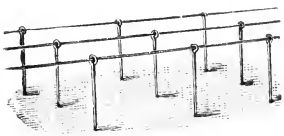
There is one article that a contestant in a pole-vaulting event must have, and that is his own pole. There is a great deal in getting used to a pole and having confidence in the one that is yours, because no other contestant is allowed to use it, according to the rules, which is quite right, for it is a mistake for a pole-vaulter to allow another to use his pole, especially if the other man is heavier than the owner. Anyone can readily understand that a man who weighs 160 pounds cannot use a pole designed for a man weighing 115 pounds.



Foster's Safety Hurdle at the World's Fair, St. Louis.

At the Buffalo Exposition and at the Olympic games in St. Louis the Foster Patent Safety Hurdle, manufactured by Spalding, was used exclusively. This style can be used for either high or low hurdles. The frame is 2 feet 6 inches high, with a horizontal rod passing through it 2 feet above the ground The hurdle is a wooden gate, 2 feet high, swinging on this rod at a point 6 inches from one of the sides and 18 inches from

the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up, 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw on the rod. The price of the Foster Safety Hurdle is $3.50 each, and when purchased in sets of 40 hurdles, $100 per set.

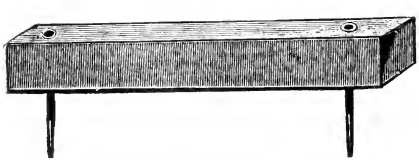


Lanes for Sprint Races.

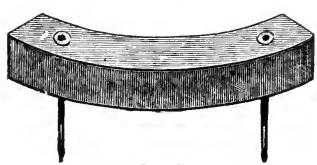
In sprint races, wherever possible, each contestant should have his own lane. A complete set of Spalding lanes, with sufficient cord and stakes to lay out a 100-yards course, can be bought for $15. The stakes are very strong and made with pointed ends, and can be driven into very hard ground.

In laying out or rearranging grounds great care should be taken to see that the field sports can go on without interference, and in the management of a large meeting it is very essential that more than one field sport should go on at more than one time. Therefore it should be arranged to have the running broad jump, running high-jump and the circles for weight, throwing separated. In order to have your plant as perfect as possible it is necessary to have all the apparatus that is necessary, not only to conduct an athletic meet, but to give the different athletes an opportunity to practice the various sports.

Great care should be taken in the arrangement of the broad jump. The toe-board is a very important article, and is generally overlooked, and the runway requires as much attention as the track. At the average athletic grounds the jumping



Take-off Board.

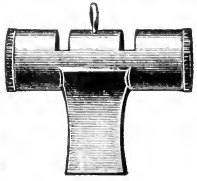


Toe Board or Stop Board.

path is usually neglected. A regulation take-off board can be obtained from Spalding for $3, and a toe-board or stop-board for $3.50.

For the starter at an athletic meet Spalding has a very satisfactory and correct style of starter's pistol in a 32-caliber pistol, with 2-inch barrel and patent ejecting device, for $4.75. Another necessary article is a whistle for announcing that everything is ready for a start and also for attracting the attention of the officials. Spalding has two very good styles of whistles, either of which costs 25 cents each. Cuts are shown herewith. It is well also to have several measuring tapes to measure broad jumps, shot puts, hammer and weight throwing. There

Starter's Pistol.



No. 1.

No. 2.

are a great many different styles of measuring tapes made, some plain, others in cases, but for general all-around use, as a really reliable measure, the special tapes which Spalding has made up are beyond any of the others. These steel tapes are furnished on patent electric reel, which allows the entire tape open to dry, and can be reeled and unreeled as easily as tapes in cases. It is especially adapted to lay off courses and long measurements, and accuracy is guaranteed. This style tape is furnished in two different lengths. No. 1B, 100 feet long, graduated every foot, and each end foot in inches, costs $5 each. No. 11B, 200 feet long, graduated every foot, and each end foot in inches, costs $7.50. The captain of the club should also provide himself with several balls of yarn for the finish.

HIGHEST AWARDS

FOR SPALDING ATHLETIC GOODS

GRAND PRIZE
ST. LOUIS
1904

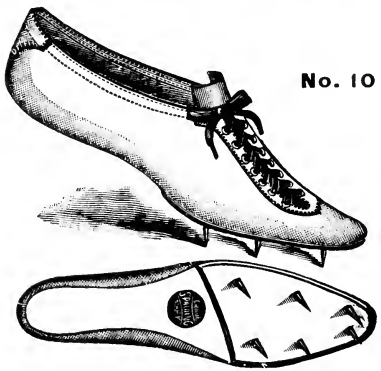
GRAND PRIX
PARIS
1900

Running Shoes

FINEST Calfskin Running Shoe; light weight, hand made, six spikes.

No. 10

Per pair . . $4.50



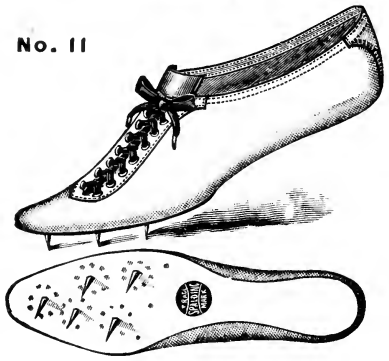
No. 10

Running Shoe

CALFSKIN Running Shoe, machine made.

No. 11

Per pair . . $3.00



No. 11

A. G. SPALDING & BROS.

New York Chicago St. Louis Denver San Francisco
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Buffalo Philadelphia Washington Pittsburg Syracuse Cincinnati
Montreal, Canada London, England

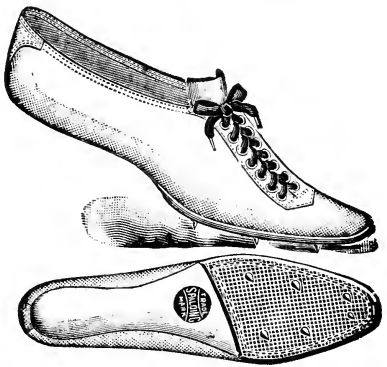
HIGHEST AWARDS

FOR SPALDING ATHLETIC GOODS

GRAND PRIZE
ST. LOUIS
1904

GRAND PRIX
PARIS
1900

Spalding Athletic Wear



INDOOR RUNNING SHOES

Made With or Without Spikes

No. 111. Fine leather, rubber tipped sole, with spikes. Per pair, $4.00
No. 112. Leather shoe, special corrugated rubber tap sole, no spikes. 3.00
No. 114. Leather shoe, rubber tipped, no spikes. Per pair, 2.50

INDOOR JUMPING SHOES

Made With or Without Spikes

Hand-made, Best Leather Indoor Jumping Shoe, rubber soles.
No. 210. Per pair, $5.00

Send for Spalding's Illustrated Catalogue of all Athletic Goods.

A. G. SPALDING & BROS.

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Montreal, Canada London, England

HIGHEST AWARDS

FOR SPALDING ATHLETIC GOODS

GRAND PRIZE
ST. LOUIS
1904

GRAND PRIX
PARIS
1900

Cross Country Shoe

Cross Country Shoes

FINEST Kangaroo leather; low broad heel, flexible shank, hand sewed; six spikes on sole; with or without spikes on heel.

No. 14C

Per pair . . $5.50

Jumping and Hurdling Shoe.

Jumping and Hurdling Shoe

FINE kangaroo leather, hand made, specially stiffened sole, and spikes in heel placed according to the latest ideas to assist jumper.

No. 14H

Per pair . . $5.50

A. G. SPALDING & BROS.

New York Chicago St. Louis Denver San Francisco
Boston Minneapolis Baltimore Kansas City New Orleans
Buffalo Philadelphia Washington Pittsburg Syracuse Cincinnati
Montreal, Canada London, England

HIGHEST AWARDS

FOR SPALDING ATHLETIC GOODS

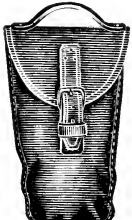
GRAND PRIZE
ST. LOUIS
1904

GRAND PRIX
PARIS
1900

A. G. Spalding & Bros.:
Gentlemen:—I have tested the 16-pound hammer you made under my direction and find it to be perfect. I found when easier to stay in circle and owing to its manipulating, and owing to its ball-bearing construction it gave less resistance from the start, because the ball revolves, and in fact fills the bill completely as to what a perfect hammer should be. I will use it in all competitions and shall recommend same to those desiring to excel in hammer throwing. You have my permission to use my name. Yours respectfully,
John Flanagan

Record, 172 ft. 11 ins. made in Long Island City, July 31, 1904.

JOHN FLANAGAN
Champion 16-lb. Hammer Thrower



Spalding Championship Hammer

With Ball-Bearing Swivel

THE Spalding Championship Ball Bearing Hammer, originally designed by John Flanagan, the champion of the world, has been highly endorsed only after repeated trials in championship events. The benefits of the ball bearing construction will be quickly appreciated by all hammer throwers.

Guaranteed absolutely correct in weight.

No. 02.	**12-lb., with sole leather case.**	**$7.00**
No. 02X.	**12-lb., without sole leather case.**	**5.00**
No. 06.	**16-lb., with sole leather case.**	**7.00**
No. 06X.	**16-lb., without sole leather case.**	**5.00**

A. G. SPALDING & BROS.

New York Chicago St. Louis Denver San Francisco
Boston Minneapolis Baltimore Kansas City New Orleans
Buffalo Philadelphia Washington Pittsburg Syracuse Cincinnati
Montreal, Can. London, England

HIGHEST AWARDS

FOR SPALDING ATHLETIC GOODS

GRAND PRIZE
ST. LOUIS
1904

GRAND PRIX
PARIS
1900

Regulation 56-lb. Weight

Made after model submitted by Champion J. S. Mitchel, and endorsed by all weight throwers. Packed in box and guaranteed correct in weight and in exact accordance with rules of A. A. U.

No. **2.** Lead 56-lb. weights. Complete, **$12.00**

A. G. SPALDING & BROS.

New York Chicago St. Louis Denver San Francisco
Boston Minneapolis Baltimore Kansas City New Orleans
Buffalo Philadelphia Washington Pittsburg Syracuse Cincinnati
Montreal, Canada London, England

HIGHEST AWARDS
FOR SPALDING ATHLETIC GOODS

GRAND PRIZE
ST. LOUIS
1904

GRAND PRIX
PARIS
1900

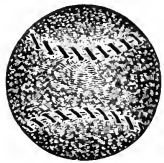
Spalding
Rubber Covered Indoor Shot

(*Patented December 19, 1905*)

This shot is made according to scientific principles, with a rubber cover that is perfectly round; gives a fine grip, and has the proper resiliency when it comes in contact with the floor. It has been tested thoroughly in the gymnasium of one of the greatest colleges in the country, and is pronounced perfect by all who have had an opportunity to use it.

No. **P.** 16-lb., **$10.00** | No. **Q.** 12-lb., **$9.00**

Indoor Shot



With our improved leather cover. Does not lose weight even when used constantly.

No. **3.**	12-lb.	. . .	**$7.00**
No. **4.**	16-lb.	. . .	**7.50**
No. **26.**	8-lb.	. . .	**5.00**

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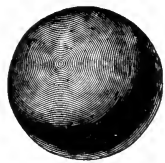
Regulation Shot, Lead and Iron

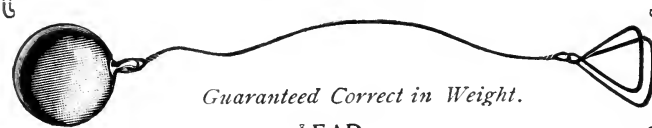
Guaranteed Correct in Weight.



No. 19.	16-lb., Lead.	-	Each, $3.50
No. 21.	12-lb., Lead.	-	" 3.00
No. 23.	16-lb., Iron.	-	" 1.75
No. 25.	12-lb., Iron.	-	" 1.50
No. 18.	8-lb., Iron.	-	" 1.25

Spalding New Regulation Hammer

With Wire Handle.



Guaranteed Correct in Weight.

LEAD

No. 9.	12-lb., Lead, Practice.	- -	Each, $4.50
No. 10.	16-lb., Lead, Regulation.	- -	" 5.00

IRON

No. 12.	8-lb., Iron, Juvenile.	- -	Each, $2.50
No. 14.	12-lb., Iron. Practice.	- -	" 3.50
No. 15.	16-lb., Iron, Regulation.	- -	" 3.75

EXTRA WIRE HANDLES

No. FH.	For above hammers.	- - -	Each, .75

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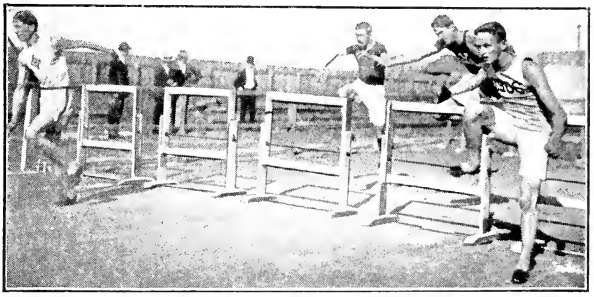
Foster's Patent Safety Hurdle



FOSTER'S SAFETY HURDLE AT THE WORLD'S FAIR, ST. LOUIS.

THE frame is 2 feet 6 inches high, with a horizontal rod passing through it 2 feet above the ground. The hurdle is a wooden gate 2 feet high, swinging on this rod at a point 6 inches from one of the sides and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up, 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw on the rod. It would be hard to conceive any device more simple or more easily handled than this. The invention was used exclusively at the Olympic Games at St. Louis and has met with the approval of the best known physical directors and trainers of the country.

Single Hurdle, $3.50 **Per set of Forty Hurdles, $100.00**

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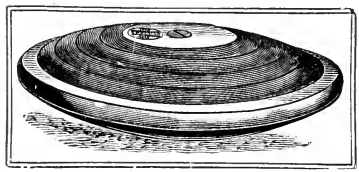
Spalding Olympic Discus

Since the introduction of Discus Throwing, which was revived at the Olympic Games, in Athens, in 1896, and which was one of the principal features at the recent games held there, the Spalding Discus has been recognized as the Official Discus, and is used in all competitions because it conforms exactly to the Official rules in every respect. Packed in a sealed box, and guaranteed absolutely correct.



Price, **$5.00**

The Spalding Youths' Discus

Officially adopted by the Public Schools Athletic League.

To satisfy the demand for a discus that will be suitable for the use of the more youthful athletes, we have put out this season a special discus, smaller in size and lighter in weight than the regular Official size. This Youths' Discus is made in exactly the same way as the Official style, merely differing in size and weight. . . . Price, **$4.00**

Prices subject to change without notice

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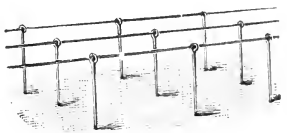
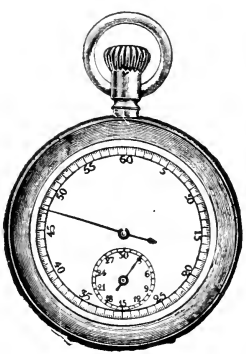
Lanes for Sprint Races



WE supply in this set sufficient stakes and cord to lay out four 100-yard lanes. Stakes are made with pointed ends and sufficiently strong so that they can be driven into hard ground.

No. L. Per Set, $15.00



Stop Watch

STOP Watch, stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1-5 seconds, fly back, engaging and disengaging mechanism.

Each, $7.50

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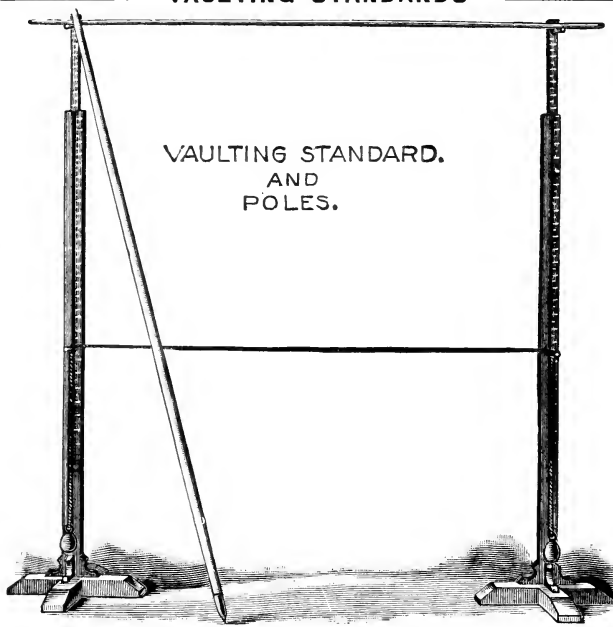
VAULTING STANDARDS



No. **109.** Wooden uprights, graduated in quarter inches, adjustable to 12 feet. . . . . Complete, **$15.00**

No. **110.** Wooden uprights, inch graduations, adjustable to 10 feet. . . . . Complete, **$10.00**

No. **111.** Wooden uprights, inch graduations, 7 feet high. **7.50**

CROSS BARS

No. **112.** Hickory. . . . . Per doz., **$3.00**

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VAULTING POLES

SELECTED SPRUCE

No. 100.	8 feet long, solid. . .	Each, $3.00
No. 101.	10 feet long, solid. . .	" 4.00
No. 102.	12 feet long, solid. . .	" 5.00
No. 103.	14 feet long, solid. . .	" 6.00
No. 104.	16 feet long, solid. . .	" 7.00

HOLLOW SPRUCE POLES

Considerably lighter than the solid poles, and the special preparation with which we fill the interior of pole greatly increases the strength and stiffness.

No. 200.	8 feet long, hollow. .	Each, $8.00
No. 201.	10 feet long, hollow. .	" 8.50
No. 202.	12 feet long, hollow. .	" 9.00
No. 203.	14 feet long, hollow. .	" 9.50
No. 204.	16 feet long, hollow. .	" 10.00

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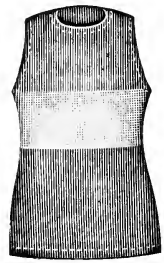
SLEEVELESS SHIRTS

No. 1E. Best Worsted, full fashioned, stock colors and sizes. Each, $3.00

No. 600. Cut Worsted, stock colors and sizes. . . Each, $1.25

No. 6E. Sanitary Cotton, stock colors and sizes. . . Each, 50c.

STRIPED SLEEVELESS SHIRTS



Cut Worsted, with 4-inch stripe around chest, in following combinations of colors: Navy with White stripe; Black with Orange stripe; Maroon with White stripe; Red with Black stripe; Royal Blue with White stripe, Black with Red stripe.

No. 600S. Each, $1.50

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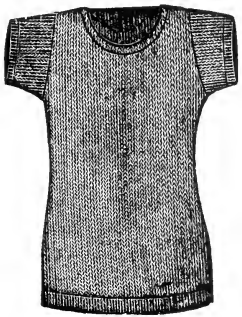
Quarter Sleeve Shirts



Best Worsted, full fashioned, stock colors and sizes.
No. 1F. Each, $3.00

Cut Worsted, stock colors and sizes.
No. 601. Each, $1.25

Sanitary Cotton, stock colors and sizes.
No. 6F. Each, 50c.

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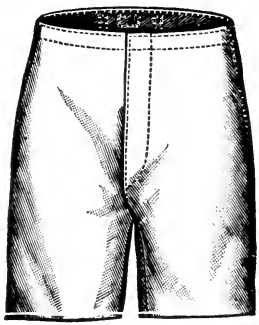
Spalding Athletic Wear



RUNNING PANTS

No. **1.** White or Black Sateen, fly front, lace back. **$1.25**

No. **2.** White or Black Sateen, lace back, fly front. **$1.00**

No. **3.** White or Black Silesia, fly front, lace back. **75c.**

No. **4.** White or Black Silesia, fly front, lace back. **50c.**

Stripes down sides of any of these running pants, **25c.** per pair extra.

COMPETITORS' NUMBERS

Printed on Heavy Manila Paper or Strong Linen

			MANILA	LINEN
No. **1.**	1 to 50.	Set,	**$ .50**	**$2.50**
No. **2.**	1 to 75.	"	**.75**	**3.75**
No. **3.**	1 to 100.	"	**1.00**	**5.00**
No. **4.**	1 to 150.	"	**1.50**	**7.50**
No. **5.**	1 to 200.	"	**2.00**	**10.00**
No. **6.**	1 to 250.	"	**2.50**	**12.50**

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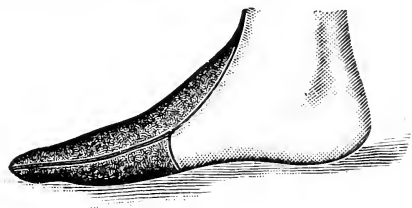
Spalding Athletic Wear

CHAMOIS PUSHERS

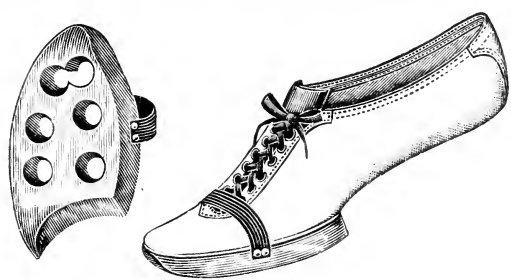
Made of fine chamois skin and used with running, walking, jumping and other athletic shoes.

No. **5.**

Per pair, **25c.**



Protection for Running Shoe Spikes



Made of thick wood, shaped and perforated to accomodate spikes of running shoes. A great convenience for runners.

No. **N.** Per pair, **50c.**

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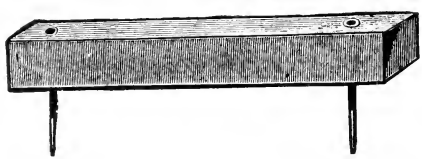
7-FOOT CIRCLE

THE discus, shot and weights are thrown from the 7-foot circle. Made of one-piece band iron with bolted joints. Circle painted white.

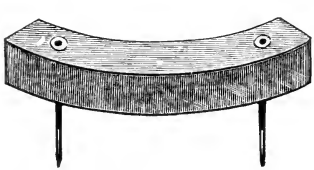
Each, $10.00

TAKE OFF BOARD



THE Take-off Board is used for the running broad jump and is a necessary adjunct to the athletic field. Regulation size, top painted white.

Each, $3.00



TOE BOARD OR STOP BOARD

THE Toe Board or Stop Board is used when putting the 16-lb. shot, throwing weights and discus, and is curved on the arc of a 7-foot circle. Toe Board, regulation size, painted white and substantially made.

Each, $3.50

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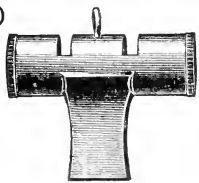


No. 1

Referees' Whistles

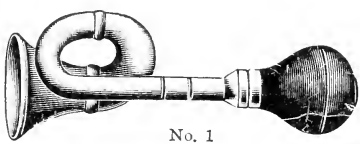
Nickel-plated whistle, well made.

No. 1. Each, 25c.

Very reliable. Popular design.

No. 2. Each, 25c.

No. 2



No. 1

No. 2

No. 2. Nickel-plated. **$1.00**

Umpires' and Linesmen's Horns

Imported French goods, best grade. Polished brass.

No. 1, $2.00

Starters' Pistol

32 caliber, two inch barrel. Patent ejecting device.

Each, $4.75

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The Spalding "Highest Quality" Sweaters

We allow four inches for stretch in all our Sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

Made of the very finest Australian lambs' wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight.

Our No. AA Sweaters are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. **AA.** Particularly suitable for foot ball and skating. Heaviest sweater made. **$8.00**
No. **A.** "Intercollegiate," special weight. **6.00**
No. **B.** Heavy Weight. **5.00**
No. **C.** Standard Weight. **4.00**

Colors: White, Navy Blue, Black, Gray, Maroon and Cardinal.
Other colors to order.

Prices on application. All made with 9-inch collars; sizes, 28 to 44 inches.

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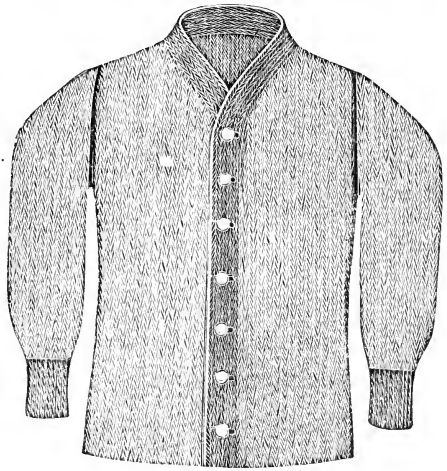
Vest Shape Jacket Sweaters



No. VG

SPECIAL NOTICE

WE will furnish any of our regular jacket sweaters with body and sleeves of one color and a different color cuffs and edging, but only in stock colors, at no extra charge.

No. **VG.** Best quality worsted, heavy weight, pearl buttons. Made up in gray or white only. . . . . Each, **$6.00**

No. **CJ.** Fine worsted, standard weight, pearl buttons. Made up in gray or white only. . . . . Each, **$5.00**

No. **3J.** Standard weight, shaker knit, pearl buttons. Made up in gray or white only. . . . . Each, **$4.50**

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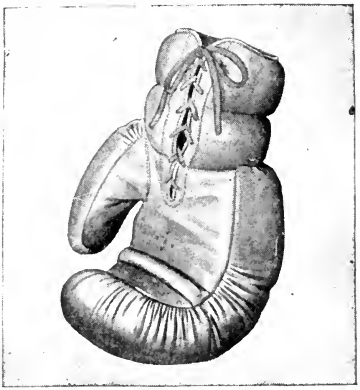
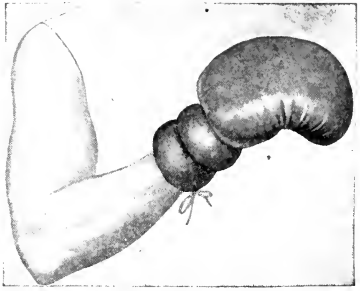


No. 110 Pupil's Glove



Showing Padding on Wrist and Forearm

Spalding Pupil's Boxing Glove

Acting on the suggestion of one of the most prominent athletic officials in this country, we decided recently to get up a boxing glove that would be an aid to the pupil learning to box. This glove is additionally padded on the forearm and over the wrist, to prevent that soreness which is one of the most discouraging features following a brisk lesson in the art of "blocking." The glove part is well padded with curled hair, the leather being best quality soft tan.

No. 110. Per set, $6.00

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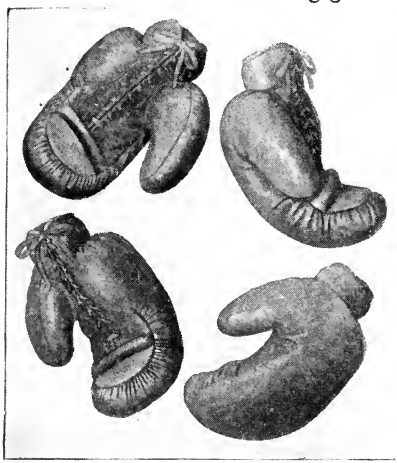

The Spalding Championship Gloves

The Spalding Championship Gloves

Used and endorsed by champions of the world

THE Spalding "Championship" Gloves are endorsed by all champions and have been exclusively used for years in championship contests and in training. The material and workmanship are of the highest quality, the fit is perfect, and by their peculiar construction absolutely prevent any chance of injury to the hands or wrists. Each set is carefully inspected before packing, and guaranteed in every particular.

Made in three sizes in sets of four gloves.

No. **115.** The Spalding "Championship" Glove, 5-oz., Corbett pattern, padded wrist. . Per set, **$6.00**

No. **116.** The Spalding "Championship" Glove, 6-oz., Per set, ... **$6.00**

No. **118.** The Spalding "Championship" Glove, 8-oz., Per set, ... **$6.00**

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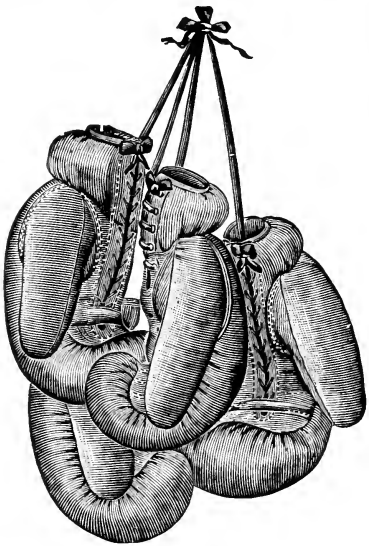
SPALDING BOXING GLOVES



No. 11. Corbett Pattern

No. **11.** Corbett pattern, large 7-oz. glove, best quality brown glove leather, padded with best curled hair, patent palm lacing, padded wristband, patent palm grip; substantially made throughout for hard usage. Set of four, **$5.00**

No. **13.** Corbett pattern, olive tanned leather, well padded with hair, patent palm lacing and patent palm grip.
Set of four, **$4.50**

No. **15.** Corbett pattern, olive tanned leather, well padded with hair, padded wristband, patent palm lacing, patent palm grip.
Set of four, **$3.50**

No. **17.** Corbett pattern, craven tan leather, well padded with hair, patent palm lacing, patent palm grip, padded wristband.
Set of four, **$3.50**

No. **19.** Corbett pattern, craven tan leather, well padded with hair, patent palm grip and patent palm lacing. . . . Set of four, **$3.00**

No. **21.** Corbett pattern, grip and cuffs of brown leather, balance of glove finished in dark wine color leather; well padded with hair and patent palm lacing. . . . . Set of four, **$2.50**

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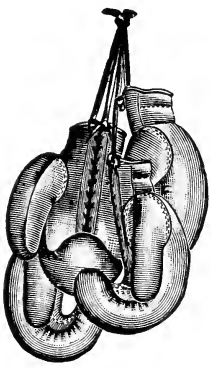
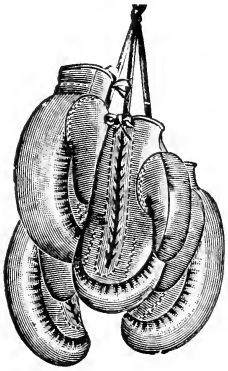
Spalding Youths' Boxing Gloves



Made in exactly the same manner and of same material as the full size, gloves of our manufacture and are warranted to give satisfaction. :: :: ::



No. 45. Corbett Pattern

No. 25. Regular Pattern

No. **45.** Youths' Championship Glove, Corbett pattern, best quality brown glove leather, extra well finished and double stitched; patent palm lacing and patent palm grip. . . . Set of four, **$3.00**

No. **40.** Youths' size, Corbett pattern, soft craven tan leather, well padded, patent palm lacing. . . . . Set of four, **$2.00**

No. **25.** Youths' size, regular pattern, soft tanned leather, patent palm lacing. . . . . Set of four, **$1.50**

No. **26.** Youths' size, regular pattern, dark tanned leather, elastic wristband. . . . . Set of four, **$1.00**

No. **27.** Youths' size, regular pattern, dark tanned leather, elastic wristband, with canvas palm. . . . . Per set, **$1.00**

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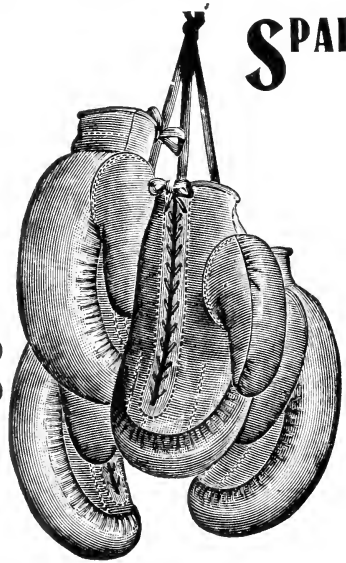

No. 23. Regular Pattern

No. **9.** Regulation 5-oz. glove, best quality brown glove leather, padded with best curled hair, patent palm lacing, padded wristband, patent palm grip. Substantially made throughout for hard usage.
Set of four, **$5.00**

No. **14.** Regulation 5-oz. glove, dark wine color, padded wristband, patent palm lacing and patent palm grip.
Set of four, **$3.50**

No. **23.** Regular pattern, fine quality brown tanned leather; a very well made glove. Hair padded and patent palm lacing.
Set of four, **$1.75**

No. **24.** Regular pattern, outer handpiece of craven tan leather, grip and cuffs of olive shade; hair padded, elastic wristband.
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No. 24C. Men's size, with canvas palm; otherwise like No. 24.
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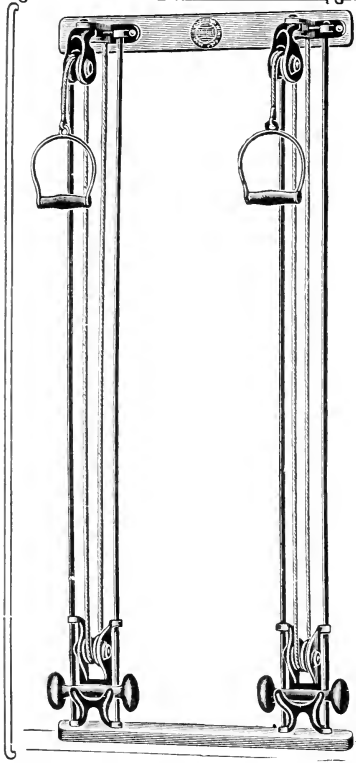

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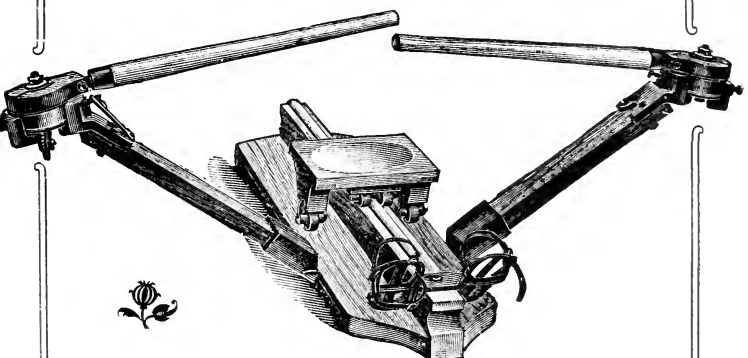
The Laflin Friction Rowing Machine



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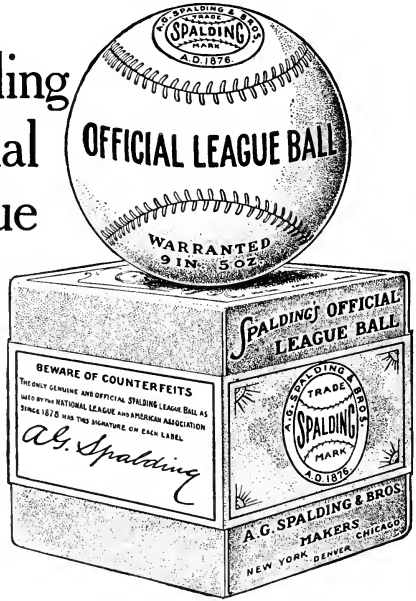

Used exclusively by the National League, Minor Leagues, and by all Intercollegiate and other Associations for over a quarter of a century. Each ball wrapped in tinfoil and put in a separate box, and sealed in accordance with the regulations of the National League and American Association. Warranted to last a full game when used under ordinary conditions.

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THE NATIONAL LEAGUE FOR 30 YEARS

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TEXAS LEAGUE for 13 years
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CENTRAL LEAGUE for 5 years
SOUTH ATLANTIC LEAGUE for 5 years
INDIANA, ILLINOIS and IOWA LEAGUE for 7 years

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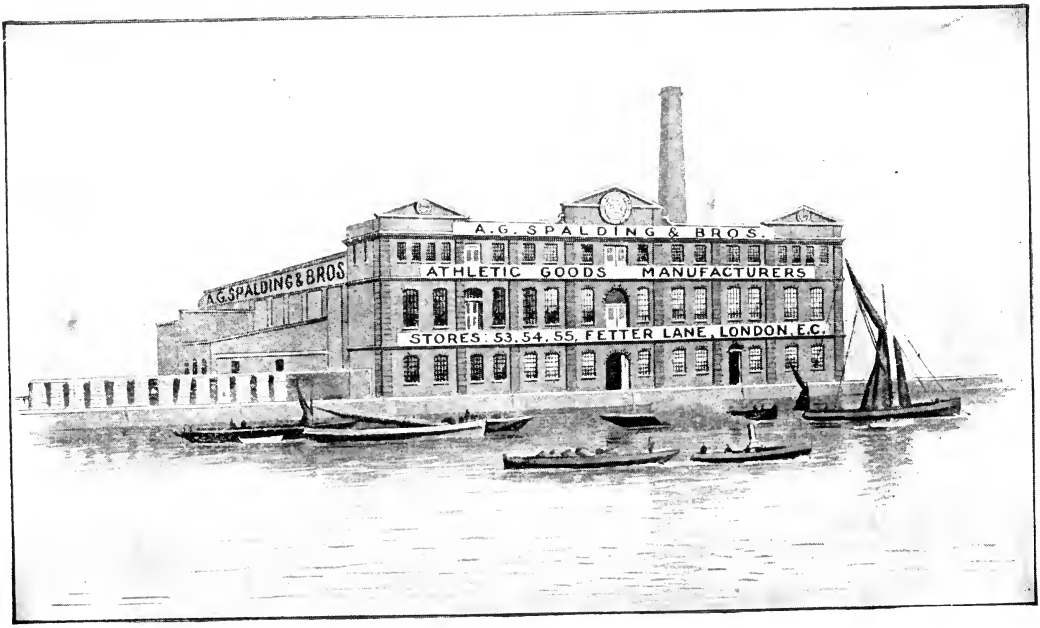

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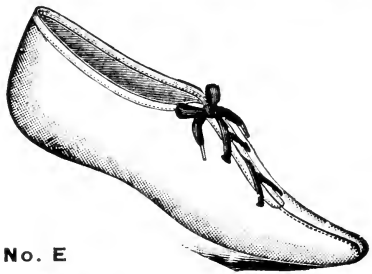

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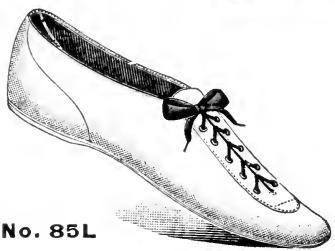

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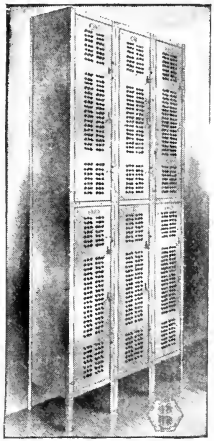

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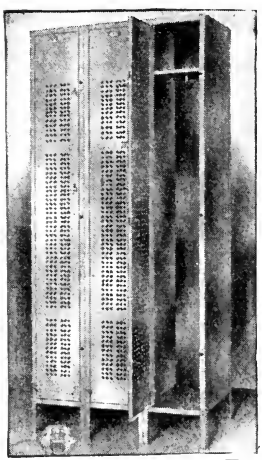

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JUN 2 1907

Who are A. G. Spalding & Bro.?

Albert G. and J. Walter Spalding commenced business March 1st, 1876, at Chicago, under the firm name A. G. Spalding & Bro., with a capital of $800. Two years later their brother-in-law, William T. Brown, came into the business, and the firm name was then changed to A. G. Spalding & Bros.

The business was founded on the Athletic reputation of Mr. A. G. Spalding, who acquired a national prominence in the realm of Sport, as Captain and Pitcher of the Forest City's of Rockford, Ill. (1865-70), the original Boston Base Ball Club (Champions of the United States, 1871-75), and the Chicago Ball Club (1876-77), first Champions of the National League. He was also one of the original organizers, and for many years a director, of the National League of America, the premier Base Ball organization of the world. Mr. Spalding has taken an important part in Base Ball affairs ever since it became the National Game of the United States at the close of the Civil War in 1865. The returning veterans of that War, who had played the game as a camp diversion, disseminated this new American field sport throughout the country, and thus gave it its national character.

Base Ball Goods were the only articles of merchandise carried the first year, the total sales amounting to $11,000. Gradually implements and accessories of Athletic Sports were added, until the firm now manufacture the requisites for all kinds of Athletic Sports. Originally the firm contracted for their supplies from outside manufacturers, but finding it impossible, by this method, to keep the standard of quality up to their high ideals, they gradually commenced the manufacture of their own goods, and by the acquisition from time to time of various established factories located in different parts of the country, are now able to, and do manufacture in their own factories everything bearing the Spalding Trade-Mark, which stands the world over as a guarantee of the highest quality.

There are over three thousand persons employed in various capacities in A. G. Spalding & Bros.' factories and stores located in all the leading cities of the United States, Canada and England. A capital of over $4,000,000 is employed in carrying on this business, and the annual sales exceed the total combined annual sales of all other manufacturers in the world making a similar line of goods.

A. G. Spalding & Bros. have always taken a leading part in the introduction, encouragement and support of all new Sports and Games, and the prominence attained by Athletic Sports in the United States is in a very great measure due to the energy, enterprise and liberality of this progressive concern. They were the pioneers, and in fact the founders, of the Athletic Goods Trade in America, and are now universally recognized as the undisputed Leaders in the Athletic Goods line throughout the world.

The late Marshall Field of Chicago, America's greatest Merchant, speaking of the business of A. G. Spalding & Bros., said: "I am familiar with its early career, growth and development, and when I compare its unpromising outlook and the special field for its operations that existed at its inception in 1876, with its present magnitude, I consider it one of the most remarkable mercantile successes of the world."

The millions of Athletes using them, and the thousands of Dealers selling them, attest to the High Quality of Spalding's Athletic Goods, and they must determine the future history of this concern.

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Factories owned and operated by A.G. Spalding & Bros. and where all of Spalding's TradeMarked Athletic Goods are made are located in the following cities

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